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TORONTO • WEDNESDA[illegible] 24, 2010 metronews.ca

Ski cross boss

DARRYL DYCK/THE CANADIAN PRESS

Canadian Ashleigh McIvor celebrates after winning the gold medal yesterday in the women's ski-cross competition at Cypress Mountain. McIvor's victory boosted Canada's gold-medal count to six. More Olympics, pages 14, 24, 26.

News on the Move

What's this barcode for? Learn how to scan the barcode with the instructions at the top of pg 3

RRSP Guide pg 17

Deadline fast approaching

On the web Visit metronews.ca for news updates

Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver. • Today — Own the Podium got lost in translation, Scott Russell says, page 26

Profiles Of Success

Career colleges offered Cheryl Gushue specific learning as a world-travelling designer, makeup artist and stylist, page 33

Put it to a vote

TTC essential service plan a key election issue: McGuinty

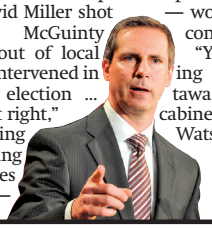
Toronto voters should make essential service designation for the TTC a key issue in the Oct. 25 city election, says Premier Dalton McGuinty.

"I don't think there's ever been a better time for a really good public debate on this issue," the premier said yesterday.

But at city hall an unhappy Mayor David Miller shot back that McGuinty should butt out of local politics. "He intervened in a municipal election ... and that's not right," he said, noting that deeming TTC employees essential — like police and firefighters — would mean costlier contract settlements.

"You know, is he going to do this in Ottawa where a former cabinet minister (Jim Watson) is running?" That remark was a reference to the fact that McGuinty's friend and former deputy premier, George Smitherman, is the leading candidate to succeed Miller this fall.

Smitherman welcomed Liberal MPP David Caplan's new private member's bill, which would outlaw transit strikes. TORSTAR NEWS SERVICE



Dalton McGuinty

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News in brief

HIGH STICKING Oshawa has taken stick-handling skills to a whole new height — or is that length? It takes a team of 20 to carry one of the city's biggest claims to fame: A 15.2-metre, 1.3 cm solid Canadian maple hockey stick that weighs half a ton. When it was registered by Guinness World Records in 2003, it was the world's largest. Now it's being moved from the Oshawa Civic Auditorium to a new home several kilometres north, at the Legends Centre on Harmony Road.

TORSTAR NEWS SERVICE

Tomorrow's Metro

Relating
Sofi Papamarko on the smart guy's way to pick up women

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WHAT'S ONLINE TODAY

Blogs SpinDoctor can't resist the bizarre sight that was Tiger Woods' televised apology and Kenya Hunt on outerwear's very good year at London Fashion Week

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CSIS visit likely led to man's abuse: Report

Newly released records say Canada's spy agency travelled to Egypt to get information from a Toronto man, likely contributing to his mistreatment by authorities there.

"My whole life is completely destroyed. I need an apology. They ruined my life, I can't work anymore now." Ahmad El Maati

The previously unknown visit by Canadian Security Intelligence Service officers became public yesterday as a federal commission disclosed once-secret pages of an inquiry report on the overseas torture of Ahmad El Maati and two other Arab-Canadians.

The Harper government and commission lawyers squabbled for more than a year about the sensitive portions of the report, which the government balked at making public due to national security concerns.

In his report released in October 2008, former Supreme Court justice Frank Iacobucci found Canadian officials were likely partly to blame for the torture of El Maati, Abdullah Almalki and Muayyed Nureddin by sharing information — including unfounded accounts of extremism — with foreign agencies.

The men, all of whom deny involvement in terrorism, were abused in Syrian prison cells.

El Maati, 45, was tortured by Egyptian captors as well.

At a news conference yesterday, the former truck driver told of being blindfolded, handcuffed and zapped in the hands, back and genitals with electric shocks.

The torture left El Maati barely able to walk a city block. He has undergone several operations.

"My whole life is completely destroyed," he said. "I need an apology. They ruined my life, I can't work anymore now."

A dual Canadian-Egyptian citizen, El Maati was arrested in November 2001 upon arriving in Syria, where family and friends planned to celebrate his marriage. Instead, El Maati spent over two months at the notorious Far Falestin prison in Damascus.

He was transferred to Egypt in January 2002, languishing another two years in "degrading and inhumane conditions," Iacobucci found. THE CANADIAN PRESS

Furtado Hockey hurts your arms

TODD CELLIS/PHOTOLIVE.COM

Nelly Furtado on a break from filming for her new movie Score: A Hockey Musical in Toronto yesterday.

Driver charged in rollover

CRASH OPP charged the driver of tractor trailer yesterday following an overnight rollover on Highway 401 that snarled the morning commute for thousands of motorists.

The truck spilled its cargo — sheets of particle board — all over the westbound express lanes just to the west of the Yonge St. interchange at about 12:30 a.m.

OPP Sgt. Dave Woodford described the scene, which took 10 hours to clear, as "quite a mess."

The big rig was heading west on Highway 401 when it hit the cement guard rails, causing the closure of the westbound express lanes between Don Valley Parkway and Yonge St.

"It looks like a 'mis-manoeuvre.'" The driver was planning to go in one direction and then overcorrected, which caused the crash," Woodford said.

The driver of the vehicle was unhurt, but has been charged with careless driving. No other vehicles were involved in the crash.

TORSTAR NEWS SERVICE

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Trucker accused of alien smuggling

ALIENS A Toronto truck driver is in an American prison after he was charged with trying to smuggle three Chinese residents into the United States.

On Feb. 14, Mariyan Lambert, 54, tried to cross the border at the Lewiston Bridge, north of Niagara Falls, with a shipment of auto parts destined for Charlotte, North Carolina.

He presented genuine documentation, but border guards opted to do a quick scan of the truck, which revealed three bodies.

Men Zhang, 20, Jing Jing Li, 25, and Chen Xia Zhang, 20, have been convicted of trying to enter the United States without documentation. They are now awaiting a hearing with an immigration judge who will decide whether to deport them. The hearing is expected to happen within about 30 days.

Lambert has been charged with alien smuggling and making a false statement, both federal offences in the United States. He is awaiting trial.

A spokesman said he didn't know why the truck was selected for the gamma inspection, but said such inspections are often ordered at random.

TORSTAR NEWS SERVICE

Caught

- The gamma ray scan, which created a high-resolution image of the interior of the truck, showed guards unusual shapes in the sleeper compartment of the cab. When officials looked inside, they found three people hiding under the bed, said Customs and Border Protection spokesman Kevin Corsaro.

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Hamilton man charged in weekend crash

OPP have charged a Hamilton man with impaired driving after his car rolled down an embankment in Oakville. The driver of the 2006 Mazda Tribute SUV and a passenger were treated in hospital for minor injuries. TORSTAR NEWS SERVICE

Legal rights hotline launched to provide help for newcomers

Ontario's first multilingual legal rights support hotline has a message for newcomers and longtime residents alike: You have rights. You can get help.

The knock at the door from the landlord or children's aid; the unsafe workplace; the child in trouble with the law; the questions about immigration, refugee status or sponsoring a family member can cause fear, shame or confusion, says Community Legal Education Ontario (CLEO), which is launching the service today.

"Many newcomers are so busy getting settled they often aren't aware of their rights in Canada," said Julie Mathews, head of CLEO, part of the province's legal aid clinic system.

"We're hoping to change that by providing accurate information in their own language that's easy to understand," she said.

It is a service Sri Lankan immigrant Shankari Balendra could have used when her husband, Pradeep, was laid off from a telemarketing job six years ago.

"We both thought that applying for employment insurance was like getting welfare," says Balendra, who came to Canada with her husband and two small children in 2003. "We thought it would affect sponsoring my mom so we lost out."

ANDREW WALLACE/TORSTAR NEWS SERVICE

Shankari Balendra, a settlement counsellor, poses at her office at Access Alliance. Balendra and her husband arrived from Sri Lanka seven years ago, and now she uses the Multicultural Health and Community Services to help other newcomers navigate Canada and Ontario's often confusing legal landscape.

More info

- The information is available on the web at www.yourrightsyourlanguage.ca and through Findhelp at 1-866-667-5366.

Balendra, 40, who works as a settlement counsellor with Access Alliance Multicultural Health and Community Services in the city's Victoria Park and Danforth area, says many newcomers who have lost jobs during the recession are afraid to seek income support for fear of jeopardizing their ability to gain permanent residency or to sponsor family members.

In addition to English and French, the service provides legal rights information, support and referrals in Arabic, Chinese, Somali, Spanish, Tamil and Urdu.

The eight topics covered include children's aid information for parents, how criminal charges affect immigration status, worker and tenant rights and various immigration and refugee issues.

TORSTAR NEWS SERVICE

Clarke honoured for defying stereotypes

PIONEER Kids didn't play with him. Bus drivers didn't stop for him. From time to time, his presence called for "police attention."

Being black growing up in the Jane-Finch neighbourhood, these experiences convinced Antonius Jamal Clarke he needed to work hard to defy stereotypes and escape the social stigma associated with his community.

Jamal Clarke

"It's discouraging," said the 25-year-old, who was raised by relatives in St. Lucia before joining his single mother and four siblings in Toronto at age five. "Why should I be a better person when the whole world tells you that you are garbage? But you don't want to be complacent and become the status quo."

Clarke's vision and compassion for his community has earned him one of six New Pioneers Awards — which recognize the achievements and contributions of newcomers to Canada.

Other recipients include Tibetan refugee teacher Tsering Dolma; Simon Fraser University Prof. Jamal Deen, from Guyana; renowned artist Joan Butterfield, from Bermuda; York University student Karar Jafar, from Iraq; and Toronto businessman Sam Bouji, from Egypt.

TORSTAR NEWS SERVICE

Toronto men face murder rap

CHARGED Ottawa police have charged three Toronto men with first degree murder in the fatal shooting of a 19-year-old man.

Const. J.P. Vincelette with the Ottawa Police Service said police received a 911 call for a home invasion on Moodie Drive, in Ottawa around 1 a.m. on Monday, where they found a man shot in the chest, belly and shoulder.

The 19-year-old man was taken to hospital, where he later died.

Police arrested the three Toronto men a few hours later.

Kristopher Allan McLellan, 20, Dylan Tyrone Barnett, 19, and Kyle Mullen, 19, face first-degree murder charges.

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No injuries after passenger train hits pickup truck

No one was injured when a Via Rail train hit a pickup truck at a crossing near Chatham, Ont., yesterday morning. Police say the pickup driver reported the accident, which damaged the rear of the truck. He was taken to hospital as a precaution. THE CANADIAN PRESS

Jail term sought in suicide

The Crown is compelled to seek a jail term in a rare case involving a man who stood by while his severely depressed wife took her own life, the prosecutor said yesterday.

While 47-year-old Peter Fonteece is no "Dr. Kevorkian," Crown lawyer David MacKenzie said his failure to call for help after his wife Yanisa took more than 40 sleeping pills in a Thunder Bay, Ont., motel room warrants a jail term.

"His spouse died, and while he could have done something to have prevented this, he didn't," MacKenzie said on the eve of Fonteece's sentencing.

The body of 38-year-old Yanisa Fonteece was discovered in a Super 8 Motel room on Feb. 6, 2009 after her husband phoned 911.

According to an agreed statement of facts, three days prior she swallowed between 40 and 60 Sleep EZ tablets and consumed several alcoholic drinks. After that, she lay down in bed, where she eventually choked on vomit and died.

The despondent woman had recently lost her job. Her husband couldn't work due to a lifelong vision impairment and they decided to move out West when the heater in their car broke, forcing them to stop in Thunder Bay, court heard. It was the final straw for Yanisa, who told her husband she was going to kill herself and that he should wait before calling the authorities. He tried three times to take his own life but was unsuccessful, and summoned authorities when her body began to smell and feel cold. THE CANADIAN PRESS

Guilty plea

- Fonteece pleaded guilty to criminal negligence causing death in December.

Asking price for floating restaurant sinks to $1.1M

REAL ESTATE Just a few months after it was put up for sale, Captain John's Restaurant, the cruise ship-turned-restaurant at the foot of Yonge Street, has dropped its asking price from $1.5-million to just over $1.1-million.

Not a good sign for Captain John Letnik, 72, who was hoping the sale would lure "young blood" to "upgrade" the boat into a floating casino or hotel. But the reality of a tough market can bite, especially when you're selling a nearly 40-year-old ship that can't move on its own and has its share of tax woes.

That doesn't mean Letnik should give up hope. And he is not alone in believing novelty is a marketable asset, as the media hoopla that surrounded a 300-square-foot Toronto house in 2007 proves.

TORSTAR NEWS SERVICE

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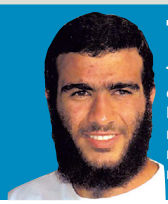
Cops make arrest in alleged Ponzi scheme

Provincial police have arrested a 41-year-old Lakeshore, Ont., man after a three-month investigation into a Ponzi scheme. Police say several victims in Windsor and Essex County were conned out of large amounts of money. Jason Stuebing is facing several fraud charges. THE CANADIAN PRESS

Canada



Tories trust U.S. with Khadr request

The Harper government says it trusts the United States will voluntarily comply with a diplomatic request to exclude Canadian-gathered evidence in any trial of Omar Khadr, left. Justice Minister Rob Nicholson said yesterday he's satisfied a diplomatic note sent to the Americans is remedy enough for a recent Supreme Court of Canada ruling. That ruling confirmed that Canadian officials violated Khadr's constitutional rights by questioning him in American custody in 2003 and 2004. THE CANADIAN PRESS

Flaherty to stick by business tax cuts?

Budget will look elsewhere for savings

Faced with skyrocketing debts, the federal Conservatives say they will begin cutting spending on government programs in the March 4 budget. But the massive corporate tax cuts that are deepening Ottawa's deficit hole every year will not be touched, officials say.

Despite a record annual budget deficit of $56 billion, Finance Minister Jim Flaherty will look elsewhere to try to start putting the federal government's financial house back in order.

In fact, the government is expected to continue phasing in deeper business tax reductions over the next few years.

In all, between 2008 and 2014, these cuts are reducing the cash-strapped federal government's tax take by a cumulative $60 billion.

While these major tax savings for business have attracted little public attention, they are an important factor in the financial mess that has arisen since Prime Minister Stephen Harper's Conservatives took power.

Without the corporate tax reductions brought in by Flaherty since 2006, the $160 billion cumulative budget deficit being run up by 2014 would be reduced by more than one-third — to about $100 billion.

There have been ripples of concern on Bay Street that corporate tax breaks would offer a tempting target for a deficit-burdened finance minister. In a research report last month, BMO Capital Markets analysts noted that the Harper government has been reducing taxation of corporate profits "with the objective of improving productivity and being globally competitive."

TORSTAR NEWS SERVICE

NDP response

- The NDP says that, as a result of 10 years of cutting corporate taxes, individuals are carrying 61 per cent of the cost of government programs, while corporations now pay only 15 per cent.

m.metronews.ca

SCANLIFE

A Quebec singer beaten unconscious by strangers blasts drunken tourists from English Canada. Scan this code for the story.

Justice minister **Feds limit pre-trial custody credit**

FRED CHARTRAND/THE CANADIAN PRESS

Federal legislation limiting the amount of credit prisoners can get for time served in custody before and during their trial has become law, Justice Minister Rob Nicholson announced yesterday.

Canadians' life expectancy rises

STATS A new study says Canadians are living longer than ever.

The Statistics Canada study says life expectancy at birth reached 80.7 years for the three-year period between 2005 and 2007.

That's up from the average of 80.5 between 2004 and 2006, and 78.4 a decade earlier.

Gains during the past decade were strongest among men, although women still live the longest.

Men's life expectancy at birth rose 2.9 years to 78.3 in 2005-2007, while among women it increased by 1.8 years to 83.

British Columbia leads the way at 81.2 years.

THE CANADIAN PRESS

News in brief

GRAMMAR It has become as emblematic and familiar to TV viewers of the 2010 Winter Games. But that musical phenomenon known as I Believe may in fact provide the true legacy of the Games: Bad grammar. The line 'I believe in the power of you and I' should be 'believe in the power of you and me,' grammarians say.

THE CANADIAN PRESS

Deceased ID'd as soldier

A soldier from CFB Borden, near Barrie, Ont., has been identified as the person found dead at Bon Echo Provincial Park. No foul play is suspected. THE CANADIAN PRESS

Expert not keen on less-invasive surgery

Says Williams' heart procedure comes with more risk

An international expert on heart repair says he would rarely recommend the type of heart surgery Newfoundland and Labrador Premier Danny Williams received earlier this month at a Miami hospital because its only long-term benefit is cosmetic.

Dr. Thierry Mesana, chief of cardiac surgery at the University of Ottawa Heart Institute, said yesterday he would only consider offering the "minimally invasive" procedure to young women hoping to avoid a chest scar.

The mitral valve repair Williams received Feb. 4 at Mount Sinai Medical Center involves surgeons making a five-centimetre incision on the side of the chest, near the armpit. Slender surgical tools are then inserted between the ribs to reconstruct the valve.

The traditional method requires a 10-centimetre incision in the middle of the chest and cutting through the breast bone, or sternum.

A damaged mitral valve can cause blood to leak backwards in the heart, causing heart infections, an enlarged heart and heart failure.

Danny Williams

Mesana issued a statement saying a survey published last month by the Society of Thoracic Surgeons expressed "caution" about the less-invasive procedure because the rate of complications — strokes in particular — is higher.

However, the doctor confirmed there are short-term advantages, including a more rapid recovery, less need for blood transfusions and less likelihood of an irregular heartbeat after surgery.

Hugues Jeanmart, a cardiac surgeon at the Montreal Heart Institute and nearby Sacre Coeur Hospital, disagreed with Mesana, saying the less-invasive surgery is as safe and effective as traditional methods, with fewer complications.

Jeanmart said he wasn't aware of the details of Williams' case, but he said he couldn't see an obvious reason why the premier couldn't have the surgery at his hospital, where the procedure has been offered since 2006.

Blair O'Neill, incoming president of the Canadian Cardiovascular Society, described the type of surgery Williams received as "a work in progress," having yet to undergo a full, scientific comparison with more traditional types of open-heart surgery.

THE CANADIAN PRESS

Resolution reached in drunk-driving, drug case of ex-MP

COURT There has been a resolution in the case of former Alberta Conservative MP Rahim Jaffer, who is facing cocaine possession and drunk-driving charges.

His lawyer Howard Rubel says that at Jaffer's last appearance the court was told the case would be put over to March 9 for a resolution.

Rubel would not say what type of resolution has been reached.

Jaffer, who is married to federal Tory cabinet minister Helena Guergis, was arrested and charged in the village of Palgrave, Ont., east of Orangeville, in September.

Jaffer, 37, was MP for the riding of Edmonton-Strathcona from 1997 until he was defeated in the 2008 election. THE CANADIAN PRESS

Mint's search for gold cost almost $1.4M, group says

OTTAWA The Royal Canadian Mint's search for 44 bars of gold it thought were missing cost the equivalent of three.

Access to Information documents obtained by the Canadian Taxpayers Federation reveal the mint spent almost $1.4 million on the search that began last spring.

The investigation ultimately found the $20-million worth of gold wasn't missing at all. It concluded last November that $3-million worth of gold was sold to the United States as slag and 1,500 ounces were recovered. The rest was attributed to accounting and inventory errors.

The taxpayers' group says the tally does not include the costs of an RCMP investigation, a public-relations contract to Hill and Knowlton or polling research conducted by Angus Reid regarding the issue.

THE CANADIAN PRESS

Breakdown

- Deloitte and Touche LLP for financial services ($669,126.34)
- IBI Group for a technical and engineering review ($587,473.95)
- The Banks Group Inc. for a security review ($30,212.00)
- Microsoft Services for computer systems review ($12,173.63)
- Michael Mooiman for inventory reconciliation review ($39,168.03)
- Jim Eggert for inventory reconciliation review ($36,693.02)

Total cost: $1,374,846

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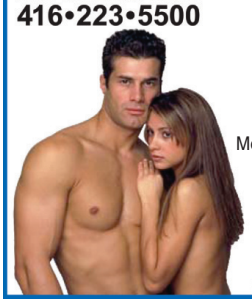

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Student minibuses now required to have snow tires in N.B.

The New Brunswick government has decided to require all winter tires for its fleet of minibuses used to transport students during the winter. The government says the new policy for the vehicles — officially known as multi-function activity buses — is based upon new tests completed by Transport Canada. THE CANADIAN PRESS

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McGuinty mulls online gambling

Premier says province has to make a call one way or another

Ontario is looking at cashing in on Internet gambling, following the lead of other Canadian provinces in having its lottery corporation possibly deliver online wagering.

Virtual gambling is a reality and the Ontario government obviously cannot ignore it for long, said Premier Dalton McGuinty.

"The issue is whether or not we should be involved in that, and I think we're going to have to make a call," McGuinty said. "It's something we can't avoid."

Paul Godfrey, the freshly minted chairman of Ontario Lottery and Gaming, said last week he wants the province to provide Internet gambling instead of watching potential revenues go to other provinces and offshore websites.

Governments know they're losing out on money being spent at the more than 2,000 online gambling sites, said Jeff Derevensky of McGill University.

"If they can recoup a slice of it, then that (money) could be better used in government-run programs."
Jeff Derevensky, McGill University

"They've done the studies," said Derevensky, with the university's International Centre for Youth Gambling Problems and High Risk Behaviours.

"If they can recoup a slice of it, then that (money) could be better used in government-run programs."

Allowing the gaming corporation to offer gambling in the wild, unregulated world of the Internet doesn't raise the same type of ethical questions as blocking the sale of beer and wine in corner stores, said McGuinty.

"We can control whether or not there's corner-store sales for beer and wine, (but) Internet gambling is taking place," he said. "The issue is what do we want to do in the face of that."

Governments should be concerned about normalizing gambling, but they've already gone that route and even changed the name to gaming, said Derevensky.

The Opposition said the government would need to make sure young people don't access gambling sites.

THE CANADIAN PRESS

Government to regulate retirement homes

LEGISLATION Seniors Minister Gerry Phillips says Ontario's aging population is spurring the government to start regulating retirement homes.

Phillips says he'll introduce legislation this spring that will ensure all retirement homes are regulated, possibly by a third party.

The bill will require retirement homes to assess new residents and tell them what services they'll be getting.

Retirement homes

- Senior Minister Gerry Phillips says there are about 750 retirement homes in Ontario with about 41,000 residents.

The homes will also be made to meet certain standards in infection control, safety, staff training and resident services.

Retirement homes are not regulated in Ontario like long-term care homes, which receive government funding to provide medical care to elderly patients.

THE CANADIAN PRESS

News in brief

WATER One of Canada's leading freshwater scientists says Manitoba is squandering millions on a plan to clean up Lake Winnipeg. David Schindler says the province is wasting cash trying to remove nitrogen when he says phosphorus is the problem. The province has ordered Winnipeg to cut nitrogen run-off by spending $350 million to upgrade its facilities.

THE CANADIAN PRESS

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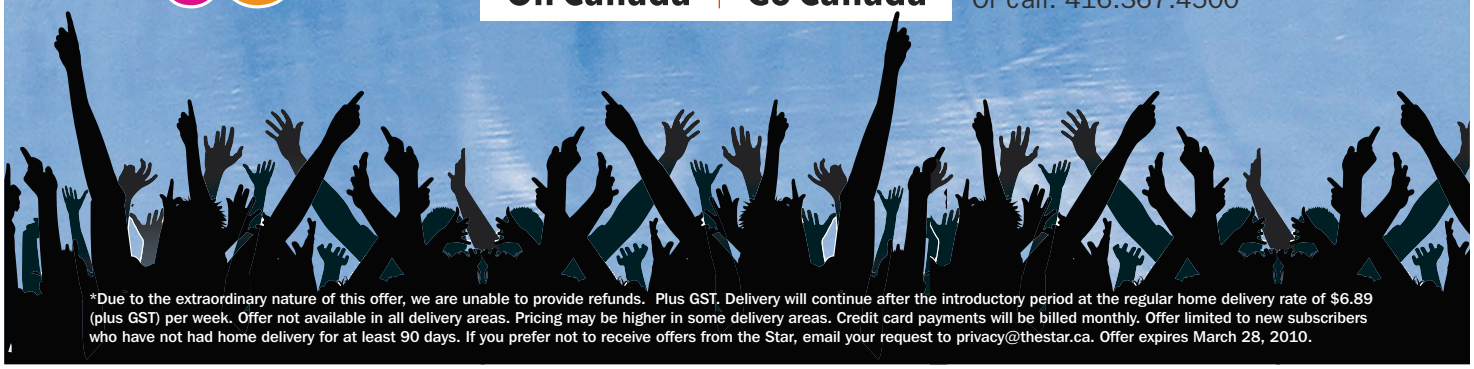
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Truce agreement signed in Sudan: Will it work?
Darfur's most powerful rebel group and the Sudanese government yesterday signed a truce agreement after a year of internationally sponsored negotiations, raising hopes the bloody seven-year conflict could draw to a close. THE ASSOCIATED PRESS

World

Court weighs material support of terror

The Obama administration is defending parts of a key anti-terror law against a U.S. Supreme Court challenge from humanitarian groups. The administration urged the court yesterday to uphold the law's ban on providing support to foreign terrorist organizations designated by the State Department even when it consists of training and advice about peaceful activities such as lobbying the United Nations. The government's lawyer Elena Kagan said any aid to terrorist groups "strengthens them." THE ASSOCIATED PRESS

Take a walk on the wild side

AUSTRIA In the name of art, an Austrian landmark is encouraging visitors to confront their sexual inhibitions by having them walk through a swingers club to reach one of Gustav Klimt's artistic masterpieces. The Secession — a world-renowned venue for contemporary art in Vienna — has temporarily incorporated a sex club named Element6 as part of a project by Swiss artist Christoph Buechel.

The swingers are not there during the day, but their mattresses, erotic pictures, bar and whirlpool are. While the sex club only opens at night long after the art hall closes, daytime visitors aged 18 and older pass through its dimly lit rooms on their way to see the Klimt wall painting located in the basement of the building. THE ASSOCIATED PRESS

McChrystal apologizes

The commander of U.S. and NATO forces went on Afghan national television yesterday to apologize for a deadly airstrike, an extraordinary attempt to regain Afghans' trust while a mass offensive continues against the Taliban in the south.

21 Afghan civilians killed in Sunday's airstrike.

In a video translated into the Afghan languages of Dari and Pashto, a stern Gen. Stanley McChrystal apologized for the strike in central Uruzgan province that Afghan officials say killed at least 21 people. The video was also posted on a NATO website.

"I pledge to strengthen our efforts to regain your trust to build a brighter future for all Afghans," McChrystal said in the video. "I have instituted a thorough investigation to prevent this from happening again."

Sunday's attack by NATO jets on a convoy of cars was the deadliest attack on civilians in six months and prompted a sharp rebuke from the Afghan government.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the town of Marjah. THE CANADIAN PRESS

India **Sikhs protest murders**

CHANNI ANAND/THE ASSOCIATED PRESS

A Sikh man protests against the Taliban and Pakistani government in Jammu, India, yesterday. The protest took place after the decapitated bodies of two Sikhs were found almost a month after they were kidnapped in Pakistan's Khyber tribal region.

News in brief

NUCLEAR Iran has formally set out terms for giving up most of its cache of enriched uranium — and the conditions fall short of what has been demanded by the U.S. and other world powers. The document says Tehran is ready to hand over the bulk of its stockpile. But Iran adds that it must simultaneously receive fuel rods in return, and that such an exchange must take place on Iranian territory.

GOOGLE For the first time ever, Google Earth has released high-resolution pictures of "The Boneyard" — the world's largest military aircraft cemetery near to the Davis-Monthan U.S. Air Force Base in Tucson, Ariz. METRO NEWS SERVICES

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ScanLife
A crowd of evangelicals attacked Voodoo practitioners as rising religious strife adds to Haiti's woes. Scan this code for the story.

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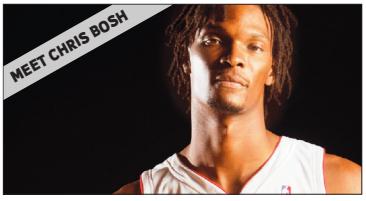

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PRODUCED BY MARKETPLACE EVENTS

Gull-chasing pup survives fall off a cliff
British rescuers say a dog that chased a seagull and fell off a 90-metre cliff into the sea has survived with only minor injuries. THE ASSOCIATED PRESS

Warrant out for mother

Woman still missing with child shared with ex-partner

A judge overseeing a custody battle ordered the arrest yesterday of a woman who renounced homosexuality, became an evangelical Christian and disappeared with the young daughter she had with her ex-partner.

Judge William Cohen found Lisa Miller of Vermont in contempt of court and issued the arrest warrant during a brief hearing in family court.

"I hope the judge's order today gives law enforcement the tools they need to find my daughter," Miller's former partner, Janet Jenkins, said after the hearing, holding up pictures of the girl, Isabella, and asking anyone who has seen her to contact police or the Center for Missing and Exploited Children.

Miller's attorney Stephen Crampton said he did not know the location of Miller or the girl, now 7, and that he objects to the arrest warrant, which applies only in Vermont. Cohen initially awarded custody to Miller and gave Jenkins liberal visitation rights. But Cohen ordered a switch in custody in November after finding Miller in contempt of court for denying Jenkins access to the girl.

A switch in custody had been scheduled for Jan. 1, but Miller and Isabella didn't appear.

THE ASSOCIATED PRESS

Civil discord

- Lisa Miller and Janet Jenkins were joined in a civil union in 2000 and Isabella was born to Miller in 2002. The couple split in 2003, and Miller moved to Vermont.

Haiti gives U.S. seized orphans

HAITI A top Haitian official tells The Associated Press that the U.S. Embassy now has custody of six orphans who were seized by Haitian police as they were about to board a plane for the United States.

Social Welfare agency chief Jeanne Bernard Pierre would not say when her office handed the children over to U.S. officials.

The children, ages one to five, were seized by police Saturday from four women who were accompanying them out of Haiti, apparently with the correct legal paperwork. An angry crowd had accused the group of child trafficking.

News of the handover follows a meeting between the U.S. and Haiti's PM.

THE ASSOCIATED PRESS

News in brief

TURKEY A methane gas explosion yesterday caused the collapse of an underground chamber of a Turkish coal mine in northwestern Turkey, killing 17 miners and trapping more than two dozen others, officials and news reports said. The blast occurred at a mine near the town of Dursunbey, where the mayor said more than two dozen remain trapped. THE ASSOCIATED PRESS

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Raw milk fires up consumer debate in U.S.
Debate about the risks of raw milk is spilling into courtrooms across the U.S. as proponents of unpasteurized dairy products push to make it easier to buy. world 13
THE ASSOCIATED PRESS

German uproar over Lutheran leader's DUI

The head of Germany's Lutheran Church is facing a criminal investigation and intense public scrutiny after being caught driving drunk.

Margot Kaessmann

Bishop Margot Kaessmann was stopped by police in a church-owned car after ignoring a red traffic light in downtown Hannover on Saturday night, church spokesman Reinhard Mawick said yesterday.

Kaessmann was quoted by the daily newspaper Bild as saying "I'm shocked at myself that I committed such a grave mistake. I'm aware how dangerous and irresponsible drunk driving is."

A blood test showed the bishop had a blood alcohol level of 0.154 – well above the legal limit of 0.05. The bishop cancelled all public appearances for the coming days and the board of the Lutheran Church hastily scheduled a telephone conference for late yesterday, German news agency DAPD reported. Mawick cautioned, however, that a decision on Kaessmann's future by tonight was unlikely. THE ASSOCIATED PRESS

Hefty fine

- Kaessmann faces the loss of her driver's license for at least several months and a hefty fine that could add up to several thousand dollars.

'Cannabis' college growing in U.S.

DRUGS Budding opportunity is the lesson at marijuana school, where everyone, it seems, wants to be the teacher's pet.

In a scene almost unimaginable during the George W. Bush era, a standing-room-only class of 42 people is taking down the professor's every word at an inconspicuous industrial plaza on the outskirts of job-depleted Detroit. Some are laid-off autoworkers, others straight out of high school. But the goal is the same: To graduate with a green thumb to quietly grow and distribute medical marijuana — and the legal smarts to avoid getting caught red-handed by Michigan's finest.

In a few weeks they'll be ready for business, like the 250 others who have attended Med Grow Cannabis College since its launch in November.

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Comment

Canadians *own* these Olympics

TheWestView

VANCOUVER 2010Games

The media, me included, never saw it coming.

It took a long time for us to recognize it, though we were all sniffing around looking for The Olympic Story like hungry hounds for a ham bone.

I knew something was up as I walked to my downtown Vancouver office on the second morning of the Games: There was a lineup in front of what is usually the SFU Business School, now transformed into the Canada Mint Pavilion.

It was 8 a.m., yet there were hundreds, even thousands, of people standing in line waiting for … something.

It took the media a couple of days to figure it out … were they in line to buy commemorative coins? No, it turns out they lined up just to touch an Olympic medal.

Huh?

And if you think waiting for up to seven hours just to touch a medal is strange, there are people lined up for all kinds of weird and wonderful things in this Olympic-besotted city: Buy a pair of Olympic mittens; get an unobstructed view of the Olympic torch; buy a $9 beer at a pavilion; ride the zipline across Robson Square; ride the Canada Line; or buy the culinary street sensation of these Games — the Japadog, a bizarre concoction of bratwurst, seaweed and wasabi that enjoys inexplicable multicultural appeal.

And that, folks, is The Story. The "people" have redeemed these Games.

Instead of joining the anvil chorus of Olympic scolds, people just decided to celebrate.

They parted company with the media right from the opening ceremonies, when all we saw was mechanical failure. They saw magic. We saw the mess up at Cypress Bowl. They went and cheered their champions, lustily exhorting them to go ahead, own the podium; don't be shy. We saw the oppressive boot of VANOC land on unauthorized Olympic marketers. They went out and bought every single piece of official Olympic gear available, including more than three million pairs of red mittens. Even the lions guarding the entrance to the Lions Gate Bridge have their own, super-size red mittens.

We were in denial, but they were irrepressible. And they won. These Olympics are a success because ordinary Canadians embraced them and infused them with enough good cheer to vanquish any residual gloom. They have set the bar for successive Olympic crowds. The U.S. may own the podium, but Canada owns the stands. And the streets.

As a charter member of the anvil chorus, I admit defeat. We spent six billion bucks on the stupid Olympic Games. And to our surprise, we got a huge shot of grassroots national unity as a bonus. This city, this nation, will never be the same.

With five days left, what can I say? Go Canada Go.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Has Canada's image been tarnished by foreign criticism of the Vancouver Olympics?

Ryan Fox, Toronto
A: No. They've conducted themselves in a friendly and professional manner … I haven't heard too many complaints.

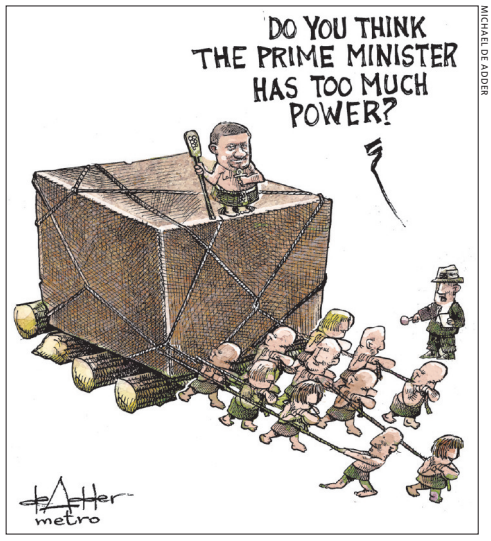
Elena Newson, Toronto
A: I don't think so. I actually kind of think it's brought our country closer together.

Salar Babaeiha, Toronto
A: I think so much of the bashing has come from Britain because they are hosting the next Olympics … puts less pressure on them so people won't expect as much from them.

Vikki Wishart, Vancouver
A: The energy has been nothing but positive. I don't know what's going on out there, but here, people are very happy and the energy level is very high.

Jan Arciszewski, Vancouver
A: That's the thing about Canadians, we don't care. I mean, let's go have a beer, it doesn't have to be perfect.

Jordan Walker, Halifax
A: That kind of thing goes along with each Olympics. I think for me and most people I've talked to it's actually boosted our patriotism.



MICHAEL DE ADDER

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CGI wins $2.2M Sunnybrook contract
Information technology firm CGI Group Inc. said yesterday it has won a $2.2-million contract to provide management software to Toronto's Sunnybrook Health Sciences Centre. THE CANADIAN PRESS

Business

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US 1.27¢	US 11.7¢	US $1.45	108.04

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Wall Street bonuses topping $20B: Official

Wall Street bonuses were up 17 per cent to over $20 billion US in 2009, the year U.S. taxpayers bailed out the financial sector after its meltdown, New York state Comptroller Thomas DiNapoli said yesterday.

Total compensation at the largest securities firms grew beyond that figure and profits could surpass what he calls an unprecedented $55 billion last year, DiNapoli said. That's nearly three times Wall Street's record increase, a rate of growth that is boosted in part by the record losses in 2008 of nearly $43 billion, the Democrat said.

"Wall Street is vital to New York's economy, and the dollars generated by the industry help the state's bottom line," said DiNapoli. "But for most Americans, these huge bonuses are a bitter pill and hard to comprehend. ...Taxpayers bailed them out, and now they're back making money while many New York families are still struggling to make ends meet."

DiNapoli supports reforms that require Wall Street bonuses to be tied to long-term profitability, to force more stability in the volatile markets and "make sure the securities industry thrives without driving the rest of us out on a fragile economic limb."

DiNapoli reviews tax collections each year and bases his annual projection of Wall Street bonuses on income and other taxes paid in New York City.

And there's more

- The bonus estimate doesn't include compensation that Wall Streeters chose to take in stock options and other kinds of deferred payment.

DiNapoli notes the bonuses help state revenues tremendously as it faces an $8.2 billion deficit, but they are a "bitter pill" to most taxpayers nationwide.

He said the bonus pool is a third less than the amount paid out two years ago when Wall Street had its previously most profitable year.

The estimate does not include stock options that have not yet been realized or other forms of deferred compensation.

For example, Morgan Stanley CEO James Gorman could receive a stock bonus currently valued at $8.1 million for 2009 if he meets certain performance targets, the bank said in January.

Gorman is getting deferred stock worth $5.4 million but no cash bonus for 2009, Morgan Stanley said in a filing. Gorman can't cash in the stock for three years.

Banks had been expected to hand out near-record compensation for last year's performance.

Several banks earned huge profits in 2009, aided by billions in government bailout funds and a rebounding stock market.

THE ASSOCIATED PRESS

California Shaky confidence

PAUL SAKUMA/THE ASSOCIATED PRESS

A shopper passes an advertisement at a mall in Newark, Calif., in this file photo. A poll shows U.S. consumers' confidence took a surprisingly sharp fall in February amid rising job worries.

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George Weston reports squeeze on revenue

EARNINGS Canadian bakery and grocery giant George Weston Ltd. remained profitable in the fourth quarter but says it is facing inflationary pressures as the cost of some of its staple ingredients continues to rise and squeeze revenues.

North America's largest baked goods maker has not increased prices since last March and doesn't plan to pass on cost increases to consumers in a "tough market" for grocery retailers, said Weston's chief financial officer Bob Vaux.

The Toronto-based food processor and distributor, and the parent company of grocery store chain Loblaw Companies, said fourth-quarter sales dipped 6.4 per cent to 7.5 billion versus the same period a year earlier.

Net earnings were $82 million, or 55 cents per diluted share for the period ended Dec. 31, compared with earnings of $405 million, or $3.06 per share, a year earlier when it booked big gains from the sale of its Neilson Dairy business to cheese maker Saputo for $465 million.

THE CANADIAN PRESS

Gillette CEO mum on Tiger's future

ENDORSEMENTS The CEO of the Procter & Gamble Co. says he doesn't know whether golfer Tiger Woods will ever appear in another Gillette commercial.

Bob McDonald says P&G wishes Woods the best on his efforts to work on family issues, after Woods' public apology for infidelity last Friday.

"He doesn't need to be distracted by us using his advertising, and we don't need the distraction of us using the advertising, either," McDonald told The Associated Press.

Woods still appears online among the "Gillette Champions," but new commercials for a Gillette shaver and related products feature baseball's Derek Jeter and tennis' Roger Federer but not Woods. The three were in Gillette's major advertising campaign last year.

Asked if Woods will be in future advertising, McDonald replied: "I don't know ... we've got lots of great spokespeople."

P&G unit Gillette signed Woods to a contract in 2007; Gillette officials decline to say its length and value. THE CANADIAN PRESS

m.metronews.ca
SCANLIFE
PGA officials play down Tiger's absence from the tour as merely a "speed bump" for revenues. Scan this code for the story.

Restore confidence, Japan tells Toyota

RECALL HEARINGS Japanese Cabinet ministers called yesterday for Toyota to use high-profile congressional hearings in Washington to restore consumer confidence in the key U.S. market.

Top Toyota officials were scheduled to answer questions from committees in the House of Representatives beginning yesterday.

Akio Toyoda, Toyota's president and grandson of the company founder, is scheduled to appear today.

The world's top automaker is facing an unprecedented crisis over its massive recalls of vehicles due to defects involving floor mats, gas pedals and brakes that have called into question its reputation for quality and safety honed over decades.

ALEX BRANDON/THE ASSOCIATED PRESS

Lexus owner Rhonda Smith of Sevierville, Tenn., wipes her eyes as she talks about her experience with her Lexus' apparent sudden acceleration, while testifying before the House Oversight and Investigations subcommittee hearing on Toyota, yesterday, on Capitol Hill in Washington.

"Toyota is a company that has always put safety first," Trade Minister Masayuki Naoshima told reporters after a Cabinet meeting. "I hope its explanation will help the U.S. public understand this."

Naoshima also said that Toyota must ease concerns among American consumers.

"Regaining trust is the most important thing for Toyota," he said.

THE ASSOCIATED PRESS

Brookfield preparing bid for U.S. mall operator: Wall Street Journal
Canadian property manager Brookfield Asset Management is preparing to bid for a large slice of U.S. mall owner General Growth Properties in an effort to top an unsolicited offer by rival Simon Property Group, the Wall Street Journal reports. THE ASSOCIATED PRESS

Strikes expose jobs unease

European workers fear belt-tightening will erode benefits

With economic recovery barely there and talk of austerity spreading, many European workers are pushing back.

French air traffic controllers walked off the job yesterday just as Lufthansa pilots ended a strike and British Airways cabin crews voted to launch one of their own. Greek unions prepared to shut down much of their country today with wide-ranging strikes.

Lufthansa pilots end strike

- Lufthansa pilots resumed work yesterday after suspending a strike over concerns that cheaper crews from the German carrier's smaller airlines in other countries could replace them.

These workers — like those blockading the Athens stock market, and demonstrators angry at proposed delayed retirements in Spain — fear for their hard-earned comforts as European governments and companies tighten belts to stay solvent.

The walkouts are the latest signs of a broader unease about jobs and benefits, and what the future holds for a continent struggling to stay competitive.

From protesters who blocked the Athens stock market to labour unions angry at plans to require Spaniards to retire at 67 instead of 65, Europeans face the unsettling prospect of seeing some of the comforts and benefits won over the decades slip away.

Workers and unions say they are digging in to protect the social safety net from fraying and to keep austerity measures from sapping consumer demand. THE ASSOCIATED PRESS

CLAUDE PARIS/THE ASSOCIATED PRESS

Employees of the Total refinery of La Mede, southern France, vote yesterday to continue their week-old strike over plans to close a plant in northern France. Workers at an ExxonMobil-owned Esso depot joined in the walkout to support their Total colleagues. Together, Total and Esso refineries account for about 70 per cent of France's refining capacity.

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Toyota Canada to install brake override

RECALL Toyota Canada says it is offering to install safety software on more of its vehicles, though the troubled automaker is not recalling any new models.

The voluntary installation of a so-called "brake override system" will now be offered to owners of 2005-10 Tacomas, and the 2009-10 Venza models.

Toyota is already installing the software on the 2008-10 Sequoia, the 2007-10 Camry, the 2005-10 Avalon and several models of Lexus. The upgrade is not part of the recalls related to sticky accelerator pedals and problems with the Prius hybrid's braking system already underway in Canada.

The brake override system will automatically reduce the engine's power when the brake and accelerator pedals are applied simultaneously under certain driving conditions.

The system will be incorporated into most new Toyota and Lexus models sold in Canada by the end of this year. THE CANADIAN PRESS

U.S. regulators aim to get 90% of homes wired to broadband

INTERNET Regulators will work to get high- speed Internet into the third of U.S. homes without connections to the so-called broadband service, the head of the Federal Communications Commission said.

The percentage of those using broadband in their homes should rise to 90 per cent by 2020, FCC chairman Julius Genachowski said in a speech in Washington. The goal will be part of a national plan, which is due to go to Congress by March 17, to increase the use of broadband, he said.

About 35 per cent of Americans don't use broadband at home, according to a survey by Princeton Survey Research International. Reasons people cited for not adopting broadband included expense, lack of digital skills, and lack of interest, according to the survey.

METRO NEWS SERVICES

Business in brief

PAPER MILL AbitibiBowater's attempts to exit bankruptcy protection could be scuttled by Newfoundland and Labrador's ministerial environmental orders requiring the Montreal-based paper producer to clean several sites. Some sites are no longer owned by AbitibiBowater, others are not in operation.

BEER The Dutch brewer Heineken NV said yesterday full-year 2009 profit rose five-fold as it had fewer impairment charges than the previous year, and it cut costs and raised prices despite the global downturn.

METRO NEWS SERVICES

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ADVANCING GENERICS

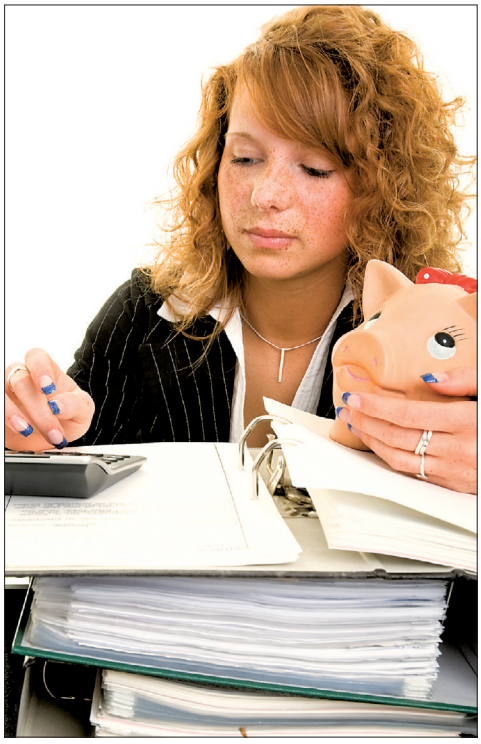
By the numbers
According to TD Waterhouse's ninth annual female investor poll, 36 per cent contribute regularly to an RRSP. METRO NEWS SERVICES

RRSP Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Time left to invest before deadline

RAFAEL BRUSILOW
for Metro Canada



If you haven't saved enough cash to put into your RRSP but you have outside investments, you can move a portion of those into your RRSP accounts, financial experts suggest.

The March 1 RRSP contribution deadline is almost upon us, and if you've procrastinated this far, you're probably sweating a bit.

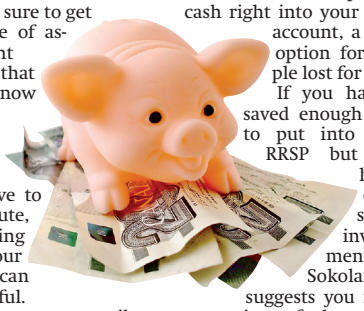
Not to fear — you still have a few options left to make sure your money makes it into your RRSP account to get you those valuable tax savings.

David Sokolan, a financial adviser with Edward Jones in Edmonton, says the most important thing at the last minute is to get your money into an RRSP account, ideally in cash so that you don't buy anything you're not ready for. Once the deadline passes, you can sit down with your adviser at a more opportune time to plan out an investment strategy.

"If you're in a big hurry, you can park your money in cash for now. All you have to do is put money into the RRSP account and a contribution slip is generated," he said.

"Don't go out and buy something that you don't really understand because it's easy to get into investments but always harder to get out," Sokolan said.

Make sure to get a notice of assessment first so that you'll know exactly how much room you have to contribute, as going over your limit can be painful.



"If you over-contribute to your RRSP, it will cost you extensive time and money to sort it out," Sokolan said.

If you already have an RRSP account set up, you can do an online deposit of cash right into your RRSP account, a good option for people lost for time.

If you haven't saved enough cash to put into your RRSP but you have outside investments, Sokolan suggests you move a portion of those into your RRSP accounts and they will count as a contribution, just as money would.

Lastly, cashable GICs can be a good option if you don't want your money just sitting around in the RRSP but don't want to commit too strongly — most are cashable in 30 to 60 days and generate interest up to the date you cash them.

Whatever you do, don't expect miracles to happen at the last minute, says Tom Hamza, president of the Investor Education Fund.

"It's like exercise — if you think that at the last day of RRSP season you can go out and run a marathon, you'll hurt yourself. It's something you have to plan for," Hamza said.

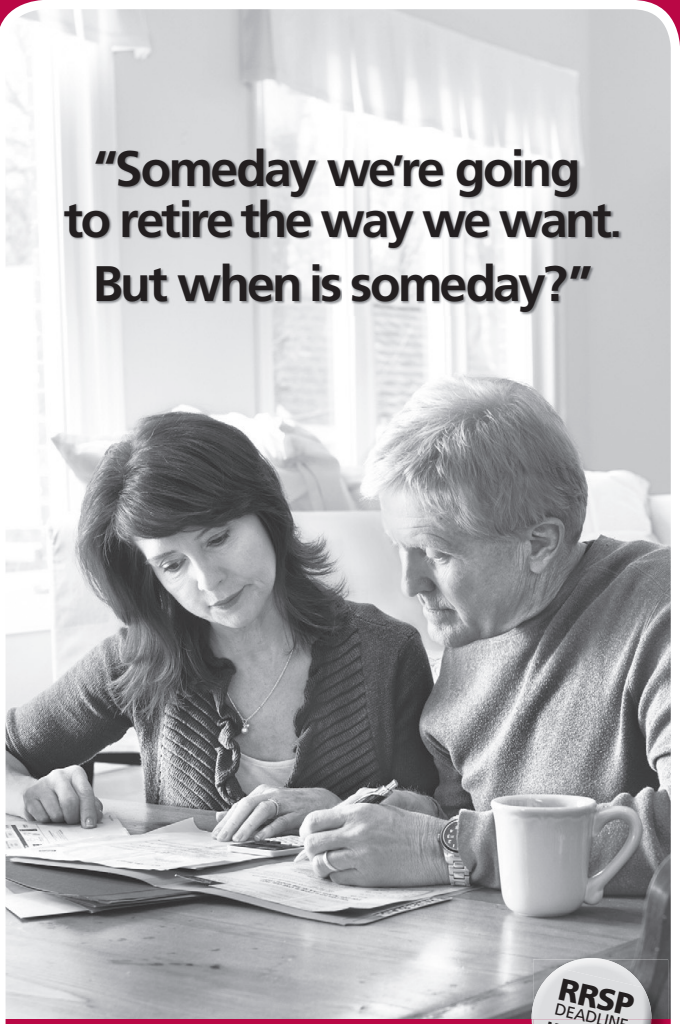
Don't dwell on past mistakes too much — a new day is a new chance to get back on track with your goals.

"Don't look back, look forward. There's no point in beating yourself up — but there is a point in acting, and we can all change what we do for the future," Hamza said.

Don't forget!

- The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have five days left!

"Someday we're going to retire the way we want. But when is someday?"



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Money-saving tip

Shelter excess income from future taxation. If your combined retirement income (from RRSPs, pension, OAS and CPP) is more than you need to live on, build up a non-taxable reserve in your Tax-Free Savings Account. NEWS CANADA

TFSA a great tax tool

Tax-free account a key way to build wealth, experts say

The annual RRSP deadline also comes with lots of questions.

Will you make a contribution?

Will you put it in fixed income or equity investments?

This year, you may need to ask yourself an additional question: Do you put your money in a Registered Retirement Savings Plan, or a Tax-Free Savings Plan?

The answer will depend on how much money you make, as well as your personal financial situation, and a host of other factors.

But what financial planning experts do agree on is this: The TFSA, as it's known, can be a great tax planning tool that, for many Canadians, will be a key way to build wealth down the road.

"I believe over the next 20 years or so, you're going to be looking at TFSA accounts that are well into the six figures, in other words over $100,000, just from people contributing every single year, plus the growth on that money," said Jamie Golombek, managing director, tax and estate planning, for CIBC Private Wealth Management.

"Starting a TFSA and consistently contributing $5,000 a year would be a great boon." Adam Salahudeen

"People should not be ignoring TFSAs."

Financial planning experts agree that if you are in a low-income bracket now — if you're making less than $40,000 annually — it doesn't make much sense to contribute to an RRSP because you won't be saving much on taxes.

As well, you could end up having some government benefits clawed back in retirement if you are withdrawing a large amount from your retirement nest egg.

Keep in mind that the government prescribes how much can be withdrawn from the registered account, (by then you will have converted it to a RRIF, or Registered Retirement Income Fund) and those withdrawals are classified as income.

Withdrawals from a TFSA savings account, on the other hand, are not counted as income.

For people in a lower income bracket, "starting a TFSA and consistently contributing $5,000 a year would be a great boon," said Adam Salahudeen, of Scotiabank. "Don't be fooled into thinking that it doesn't sound like very much."

For example, $5,000 a year invested annually with a six per cent rate of return and no withdrawals would grow to more than $550,000 over 35 years.

"While today that $5,000 contribution doesn't seem like very much, in 20 years from now, that build-up of contribution room will be very powerful," Salahudeen said.

If you are in a high-income tax bracket now and expect to be in a lower one in retirement, as most people would be, it's a good idea to contribute to an RRSP first, then do your additional savings in a tax-free account.

There are important ways to use these accounts together. For instance, if you are not earning much now, but expect your income to climb in the coming years, start saving in a TFSA and then pull it out to contribute to an RRSP.

"Then you would get a tax deduction when you're in a higher tax bracket and you would restore your TFSA contribution room the following year because any withdrawals from a TFSA can automatically be re-contributed the following year," Golombek said.

Keep in mind that, unlike withdrawals from an RRSP, there are no taxes to be paid on a TFSA. You can take out as much as you like at any time for any reason. Withdrawals are simply added to your contribution room the following calendar year.

TORSTAR NEWS SERVICE

While an annual investment of $5,000 into a Tax-Free Savings Account doesn't seem like much now, it could grow to more than $550,000 over 35 years, financial experts say.

Pay down your debt before contributing: Advisers

Making an annual RRSP contribution has been historically a bit of a no-brainer for many Canadians saving up for retirement, a nest-egg option highly recommended by financial advisers.

Not any more. These days the old wisdom no longer automatically applies and mounting consumer debt is part of the reason that some Canadians may want to hold off on padding out their registered retirement savings plan.

"People are now talking about retiring with debt," said financial adviser Judith Cane.

"You cannot go into retirement with debt."

Paying down consumer debt is just as important as building up a financial buffer for retirement, said Cane, owner of the Antara Financial Group in Ottawa.

For example, Cane said, consumers with substantial credit card debts shouldn't get a loan to make a contribution to their registered retirement savings plan, with the hope of paying off the money borrowed with anything that comes back in the form of an income tax refund.

"You've got to use that refund to pay back your loan. So you're exactly where you were."

Paying down consumer debt is just as important as saving for retirement, financial experts say.

But whether you should or shouldn't contribute to retirement savings — and how much — always depends on age and personal situations.

A 25-year-old with $25,000 worth of debt could forego making RRSP contributions for a couple of years with the goal in mind of paying off the debt as quickly as possible, Cane said.

On the other hand, a 40-year-old with credit card debt needs to put at least some money into an RRSP and the rest toward paying off what's owed on the charge cards.

"People are talking about retiring with debt. You cannot go into retirement with debt." Judith Cane

The Bank of Canada has said that consumers may be taking on too much debt. The central bank's recent data showed that spending by Canadian households averaged $71,360 last year, two per cent more than in 2007, with shelter representing about 20 per cent of that load.

And a Royal Bank survey this month said Canadians were still worried about debt and their jobs in the wake of the worst financial crisis since the Second World War.

Jamie Golombek of CIBC Private Wealth Management said RRSPs aren't the only choice.

"I think people should be revisiting the whole concept of what they should be doing first, if they have limited funds," said Golombek, managing director of tax and estate planning.

Golombek believes that Tax-Free Savings Accounts (TFSAs) will become the "No. 1 source" for retirement savings over the next generation, as long as the federal government doesn't change the rules applying to them.

TFSAs allow those older than 18 to save up to $5,000 each year in an investment account, without being taxed on the earnings.

For young people just starting out who are in a low income-tax bracket, they would probably be better off maximizing their tax-free accounts before contributing to an RRSP, he said.

"When you ultimately take the money out, the withdrawal will be 100 per cent tax free," he said.

"I think it's for people in almost all income brackets," he added.

But those who have enough money to contribute to an RRSP and a TFSA should do both, Golombek advises. RRSPs provide a tax deduction and a tax deferral at a lower rate when taken out at retirement.

Golombek said paying down consumer debt is usually the best bet versus an RRSP contribution or paying down a mortgage.

Financial planner Marta Stiteler said for those with high incomes, RRSPs make sense because they need the deduction.

"Debt is a different story," said Stiteler of the Pillar Retirement Group and Worldsource Financial Management in Hamilton.

"If you're paying off a credit card debt with 19 per cent interest, forget the RRSP contribution," she said.

"Your RRSP is never going to grow at 19 per cent interest."

She said she sees older people with lines of credit and debt that "probably their grandparents wouldn't have even thought of doing."

"It doesn't matter how you save. The important thing is that you are saving, period."

Personal finance blogger Kim Petch, who runs the site BalanceJunkie.ca, has simple advice for the RRSP season.

"The message should be: First pay down your debt. When you go ahead and try to save for retirement when you're saddled with debt, you are skipping steps," Petch said from Windsor.

Stiteler sees a lifestyle filled with consumption as part of the problem.

"Your lifestyle will inflate to your income and if you don't redirect that money elsewhere, it's going to be absorbed by your lifestyle." THE CANADIAN PRESS

Savings tip
You can still build retirement savings after RRSPs — although you can't contribute to an RRSP after age 71, you can still invest in your Tax-Free Savings Account. NEWS CANADA

Start planning for next year now

RAFAEL BRUSILOW
for Metro Canada

Now is a good time to sit down with a financial adviser and review your long-term investment goals, experts say.

Going to miss the March 1 RRSP contribution deadline or simply didn't save as much as you wanted this year? Don't lose hope — you can come out swinging in 2010 if you plan ahead.

John Nardi, a financial adviser with Edward Jones, says even if you haven't met your RRSP goals this year, it's important to pick yourself up and evaluate how you can move forward.

"Don't get discouraged. Find out why you missed the deadline, take a step back and think, 'Why did I not accomplish my goals?' You need to have long-term goals in mind and now is an opportunity to sit down and review them with an adviser," Nardi said.

Rosanna De Jong, manager of financial planning with RBC in Edmonton, says changing your mindset is key — good financial planning is not as much about deadlines as it is about steady commitment. Your money starts working for you the moment you put it into your RRSP, so waiting until the yearly deadline actually means you lose out on up to a year of potential growth.

"Don't wait to contribute. Contributing early gives your savings more time to grow," De Jong said.

Nardi agrees, saying in an ideal world, you'd want to make your entire contribution for the coming year in March. While most people would be hard-pressed to make such a large contribution after just putting the previous year's money into their RRSP, for people who missed the deadline March can be an enormous opportunity to get a head-start on growth.

Regular, consistent contributing can also go a lot further than scrambling to find money at the end of the year, so both Nardi and De Jong suggest setting up monthly contributions to your RRSP so you can spread the load over the course of the year. Having the money withdrawn automatically will ensure you have enough at year's end, and your money will start growing faster.

"Contributing early gives your savings more time to grow."
Rosanna De Jong

RBC financial planner Mario Muzzo says you shouldn't let short-term shifts in the market shy you away from long-term investing. Stick to your investment plan and you'll be able to weather changes.

"Don't be scared or deterred from the markets or investments in general by what's going on; look at your own situation, stay within your comfort zone and stick to your savings plan," Muzzo said. "Chances are on your side that you'll be successful more often than not."

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Did you know?
According to TD Waterhouse's ninth annual female investor poll, 24 per cent contribute to a Tax-Free Savings Account (TFSA). METRO NEWS SERVICES

3 ways to find extra money

Rising electricity or heating bills, unexpected home and car repairs, and other out-of-the blue expenses can be a financial shock to the system. Dipping into your RRSPs to cover these costs may be tempting, but it can be hazardous to your financial health.

When you withdraw early from your RRSP, not only do you pay tax on your withdrawal up front, but that amount is added to your taxable income for the year — which amounts to a higher bill at tax time. You also forfeit the years of tax-deferred potential growth that this money would have contributed to your retirement lifestyle.

"Surprise expenses are a part of life, but you don't have to risk your long-term savings to meet a short-term need," said Murray Pituley, financial planning expert with Investors Group. Here are three ways to find extra money for spiking bills:

1 Secure a line of credit. Based on your assets, such as the equity in your home, this can usually be obtained at a favourable interest rate. You can also arrange a revolving line of credit to cover overdrafts on your chequing account for those extra bills that arise from time to time.

2 Set up a rainy-day fund before you need it. The rule of thumb suggests having an emergency reserve equal to about three months' income, but if your income is irregular or you have extra financial commitments, aim for five or six months' net income.

3 Invest your savings to help them grow. A financial adviser can recommend investments that will protect your capital, deliver better than bank interest rates, and allow you to withdraw money quickly at little or no cost. Money market mutual funds, Guaranteed Investment Certificates and Canada or Provincial Savings Bonds are options. NEWS CANADA

Maximize your contribution

Patricia Lovett-Reid, senior vice-president at TD Waterhouse, has the following tips to help you harness the power of compound interest and maximize your RRSP contribution this year:

- **Start investing now.** With compound interest, you benefit by starting early, even with a small amount. Investing $10,000 at a six per cent return can net you almost $18,000 after 10 years.
- **Diversify.** Safe, income-generating investments, like savings accounts, help preserve capital but they don't earn much interest. Talk to a financial adviser about balancing low-risk investments with an appropriate allocation of higher-risk options.
- **Contribute monthly.** Even a modest amount, like $50 a month, can add up. Not only is it easier to part with a small amount of money each month, versus a big lump sum in February, but you also benefit from the compound interest accumulated throughout the year.
- **Be patient.** Buy quality investments and hold for the long-term. Initially your money may seem to grow at a snail's pace, but with compounding interest, it will grow faster each year. NEWS CANADA

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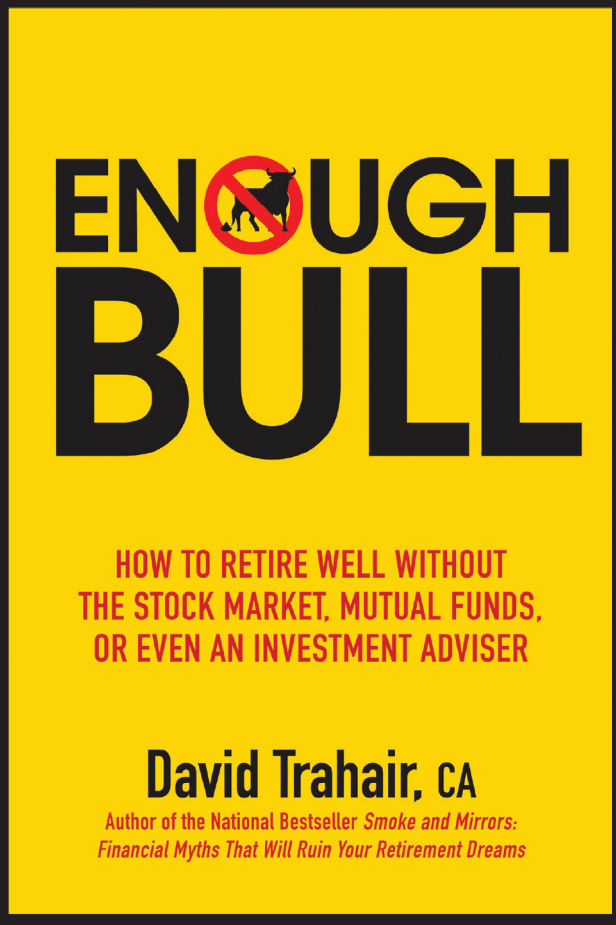

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What does it mean?
A Life Income Fund (LIF) is much like a Registered Retirement Income Fund (RRIF), but the funds originate from a pension plan, locked-in RRSP or Locked-In Retirement Account (LIRA), instead of an RRSP. NEWS CANADA

How to pick the right investments

This RRSP season, will you choose an actively managed mutual fund, an index fund, or an exchange-traded fund?

Canadians have had a love affair with mutual funds for more than a decade, but ETFs, as they're known, are gaining ground with investors.

With an equity mutual fund, a team of portfolio managers try to pick and choose winning stocks from all those in the market.

Some use a momentum approach, buying stocks that are expected to appreciate the most in value. Some emphasize value, and others stick to big, well-known dividend-paying companies. Ideally, these funds will chalk up higher returns when the market is going up, and protect investors from losses when the market is moving down. Of the three categories, these have the highest Management Expense Ratio or MER.

An index fund does away with trying to pick a winner. It replicates a stock market index such as the S&P/TSX Composite Index or the S&P or Dow Jones in the U.S. Investors can expect their index fund to match the ups and downs of the market. These tend to have cheaper MERs.

An ETF is basically an index fund that is bought and sold like a stock. Unlike mutual funds, which can only be bought and sold at end-of-day prices, you can buy or sell them at any point during the trading day. These investments are the cheapest to own, with MERs that in many cases are just a fraction of those of actively managed mutual funds.

In Canada, four companies offer about 150 ETFs: Blackrock Inc., Horizons, Claymore Investments Inc., and the Bank of Montreal. That compares to about 10,000 different mutual funds.

By some estimates, ETF assets grew by about 30 per cent in Canada over the past five years. There is now about $30 billion under management, but that's still a tiny fraction of the $686 billion in mutual fund assets under management.

Exchange-traded funds, or ETFs, are gaining ground with investors.

Globally, there is about $1 trillion U.S. in ETFs.

Investors typically pay more attention to fees in a bear market, said longtime industry observer Dan Hallett. As well, few active managers were able to outperform during the latest market decline.

It's not surprising that compared to Canada's fully mature mutual fund industry, ETFs are growing and attracting new investors at a much quicker pace.

"Not everybody who is redeeming a mutual fund is making a beeline for an ETF, but certainly they're taking some of that share. How much I think is a difficult thing to quantify," said Hallett, director, asset management, with Highview Financial Group.

Industry data shows that investors flocked to ETFs as stock markets were moving down in 2008, but also as they were moving higher in 2009, said Heather Pelant, managing director of iShares Canada, at BlackRock Asset Management Canada Ltd. Ishares were the first ETFs in Canada are still the most popular.

"The last two years told a very powerful story that ETFs shone in a bear market and a bull market. It's solidified that these are a new investment vehicle that's here to stay," Pelant said.

The vast majority of investors still are not aware of ETFs or how to use them in a portfolio, said Rajiv Silgardo, head of ETFs at the Bank of Montreal.

"We do need to make ETFs more accessible to the broad population of savers and investors in our market. The big issue right now is that all ETFs are listed and traded on stock exchange, so if you want to get one you have to have a brokerage account. It's not as simple as walking into a bank branch and saying, 'I want an ETF; get me one of those,'" Silgardo said.

BMO has 22 ETFs with about $250 million in assets under management.

Experts say there are still good reasons to choose an actively managed mutual fund or an index fund rather than an ETF.

For instance, if you are investing on a monthly basis, an index fund can reinvest the distributions with no extra commission costs.

TORSTAR NEWS SERVICE

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Woods says sorry again: Report

Tiger Woods has offered another apology, this time to parents of children at the preschool that his two-year-old daughter attends, an Orlando television station reported yesterday. THE ASSOCIATED PRESS

Sports

Peppers to be free agent

The Carolina Panthers have decided the price is too steep to keep their all-time sacks leader. Five-time Pro Bowl defensive end Julius Peppers, right, is about to become one of the top prizes in free agency. General manager Marty Hurney announced yesterday the team won't place the restrictive franchise tag on Peppers for a second consecutive year at a cost of at least $20.1 million US. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Overbay shrugs off trade rumours

BLUE JAYS First baseman Lyle Overbay joined teammates on the field at the Bobby Mattick Training Center three days in advance of the scheduled reporting date for position players.

Overbay is aware that this is likely his last spring with the Jays. The left-handed hitter, in the final year of a contract that pays him $7 million US in 2010, has heard the trade rumours and knows that young Brett Wallace, obtained in the Roy Halladay three-way trade, is being touted as the future.

"When you get (mentioned in) trade talks for three years there are times you're thinking your time is coming to an end," Overbay shrugged. "I've been there with Prince Fielder (taking over in Milwaukee). When (Wallace) is ready he'll be there. They have to look to the future. You can't be naïve and think 'I'm going to be here for 17 years.'

Lyle Overbay

Yet to report

- The only regular position players yet to report to camp are centre-fielder Vernon Wells, shortstop Alex Gonzalez and right-fielder Jose Bautista.

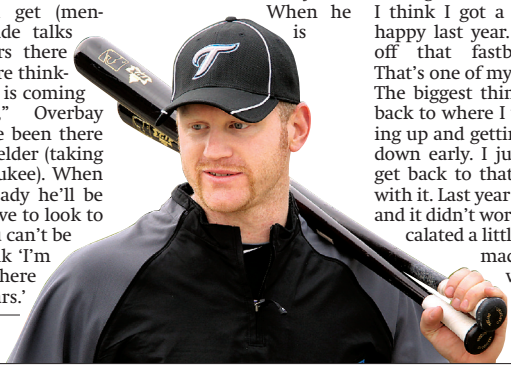
There's always going to be somebody behind you. I've been there before and that's just the way this game is."

Overbay said he is in the best shape he has been in in the last three years. When he is healthy and swinging his best, Overbay is a serviceable 40-50 doubles performer who uses the entire field. He is looking forward to being part of the rebuilding process.

"They've (Jays) got their plan," Overbay said. "The biggest thing is, hopefully, they'll stick to it. When you start doing something and push the panic button and start doing something different, then it kind of leaves the organization in turmoil.

"I need to get back to driving the ball to all fields. I think I got a little pull-happy last year. It got me off that fastball away. That's one of my strengths. The biggest thing is, I got back to where I was, opening up and getting my foot down early. I just need to get back to that and stick with it. Last year I got there and it didn't work and it escalated a little bit and it made things worse."

TORSTAR NEWS SERVICE



Sports in brief

CFL The Winnipeg Blue Bombers signed free-agent quarterback Steven Jyles on yesterday and also released veteran Michael Bishop. The six-foot, 195-pound Jyles spent the last two seasons with the Saskatchewan Roughriders but played sparingly.

NHL The home ice of the NHL's Nashville Predators is expected to get a new name from another company that's close to home. The current Sommet Center in downtown Nashville will become Bridgestone Arena under a naming rights contract that is pending approval by the Nashville Sports Authority, team officials said yesterday.

NBA Recently acquired Washington Wizards forward Josh Howard will miss the remainder of the season after tearing the anterior cruciate ligament in his left knee. Wizards president Ernie Grunfeld made the announcement in a statement yesterday.

MLB Aaron Boone has ended his 12-year major league career and will become a baseball analyst for ESPN. He announced his retirement yesterday, saying it was "a privilege and honour" to have played for six different clubs in the majors.

SOCCER Portsmouth owner Balram Chainrai said the club will go into financial administration unless new owners can be found by tomorrow. Pompey has six days to prove it can continue to operate with debts reported at $105.5 million US and facing a winding-up order from the government's Revenue and Customs authority over unpaid tax. METRO NEWS SERVICES

Wright looks forward to guarding elite trio

Roy, James, Durant on slate for Raps swingman

Turns out Antoine Wright might have a little bit of masochism in him.

The Raptors swingman walks over to a reporter after getting in some extra work after practice yesterday afternoon and it's pointed out to him that his next three nights of work should entail having to deal with Brandon Roy, LeBron James and Kevin Durant.

Instead of cowering, he smiles.

"That's the best news I've heard all week," Wright said, making one wonder just what kind of horrible week he's endured. "What did you say again? Who?" That'd be Roy, all-star swingman of the Portland Trail Blazers — young, quick, strong — who will be in Toronto tonight to face the Raptors.

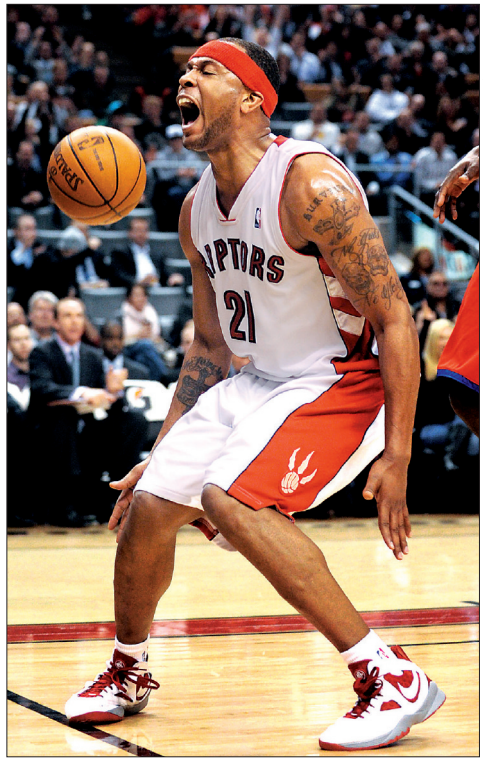
And James, all-world, all-everything Cleveland Cavalier who comes to town Friday night. Then a final date with Durant, one of the best young basketball players in the world, a lithe, lethal scoring machine on an Oklahoma City Thunder team that's the hottest in the NBA.

They're like Pestilence, Famine and Drought to most NBA defensive specialists.

Except, it turns out, to Wright, who will guard each of those three all-stars in the fourth quarter of Toronto's next three games if things go according to plan.

"I'm looking forward to it; it's going to be fun all week," he said.

This guy probably looks forward to root canals and tax audits, too.



CARLOS OSORIO/TORSTAR NEWS SERVICE

The Raptors plan to use Antoine Wright to guard Brandon Roy, LeBron James and Kevin Durant in the fourth quarter.

But if the Raptors are to be at all successful over the next four games — the stretch ends in Houston Monday — Wright is going to have to play a critical role. Coach Jay Triano calls him his "defensive stopper" and whatever systems the Raptor staff devises for Roy, James and Durant will unquestionably include Wright guarding the other team's best player in the fourth quarter.

It was a large part of how the Raptors spent their practice time yesterday in advance of Roy's visit.

"We went through things today, different scenarios ... on how we plan on guarding him and the different looks we plan on showing him and it's a matter of doing them all well and then deciding when we want to pull triggers on some of them," said Triano.

TORSTAR NEWS SERVICE

Former NBA star gets five years in prison for fatal shooting

SENTENCE Former NBA star Jayson Williams was sentenced to five years in prison yesterday for fatally shooting a hired limo driver in 2002, ending an eight-year legal odyssey by tearfully apologizing to the victim's family. He will be eligible for parole in 18 months.

Williams, avoiding a retrial on a reckless manslaughter count that deadlocked the jury at his 2004 trial, pleaded guilty last month to aggravated assault in the death of Costas Christofi on Feb. 14, 2002. At the same 2004 trial, he was acquitted of aggravated manslaughter but convicted on four counts of covering up the shooting.

Jayson Williams

The sentences on the assault and coverup counts will run concurrently. State Superior Court Judge Edward Coleman went along with a plea agreement that spelled out the five-year prison sentence and the potential for Williams to be released as early as summer 2011. THE ASSOCIATED PRESS

Kornheiser suspended by ESPN

ESPN has suspended host Tony Kornheiser from his television talk show Pardon the Interruption for comments he made on the radio last week about SportsCenter anchor Hannah Storm's clothing. Kornheiser described an outfit Storm was wearing last week by saying she looked "like she has sausage casing wrapping around her upper body." THE ASSOCIATED PRESS

Canada loss 'stung' Bay

Mets' off-season acquisition arrives at spring training

Jason Bay arrived at the New York Mets' spring-training camp yesterday and talked about everything from his health, to his defence, to his reaction to Canada's loss to the U.S. in Olympic hockey.

"That stung a little bit," said Bay, a British Columbia native who became a U.S. citizen last summer, but was quick to add, "I'm still a Canadian, through and through."

He's also a Met, having signed a four-year, $66-million US contract as a free agent in December. And his adjustment to playing for his new team dominated the conversation during a 20-minute question-and-answer session with the media at Tradition Field.

"I've walked into a new clubhouse before," Bay said.

Until now, however, he hasn't played in the demanding New York market. Nor has he played half his games within the cavernous confines of Citi Field.

But Bay, a three-time All-Star and the 2004 National League rookie of the year, said neither the size of the market nor the ballpark was a factor in his decision to sign with the Mets.

"I honestly never gave a ballpark any second thought," said Bay, 31, who batted .267 with 36 home runs and 119 RBIs for the Boston Red Sox last season. "Or geography. A lot of people had me pegged as a West Coast guy because I live in Seattle.

"You get a chance, if you're lucky, to be a free agent once or twice in your lifetime. Why are you going to limit yourself to a ballpark or a city. I played in Pittsburgh. It's not PETCO (in San Diego), by any means, but it's definitely not Fenway over in left field, either.

"I'm confident with myself," he added.

"At the end of the day, I try to get on base and try to knock in runs. If you knock in 100 runs with 10 home runs, so be it. That's by no means my plan."

That's not the Mets' plan, either.

The Mets brought Bay to New York to provide power, something that was in short supply as David Wright struggled to hit home runs and the team stumbled through an injury-ravaged, 92-loss season in 2009.

THE ASSOCIATED PRESS

Jason Bay

South Africa not yet ready to host World Cup: FIFA

PLANNING FIFA secretary general Jerome Valcke said yesterday he still doesn't know where all 32 World Cup teams will be based during the tournament in South Africa.

FIFA wanted the list of training camps completed yesterday, but those plans have been derailed by teams still changing their plans ahead of the event, which starts June 11.

"If the question is, 'Could we host the World Cup tomorrow morning?' the answer is no."
Jerome Valcke, FIFA

With more than three months to go, organizers still face problems with Soccer City — the incomplete Johannesburg venue for the opening match and final. Organizers also need to fill stadiums and handle the scrutiny on England's proposed training camp.

"If the question is, 'Could we host the World Cup tomorrow morning?' the answer is no," Valcke said after a meeting in Sun City.

"At this stage, we couldn't play the World Cup because Soccer City isn't ready. At this stage, we couldn't play the opening game. That's a fact. At this stage we have 700,000 tickets still to sell, at this stage I can make a list of things that aren't ready for the World Cup.

"We have 108 days — it seems short, it is short, but even if we have to stay awake all night, every day we will be ready by the time of the World Cup."

FIFA still hasn't had confirmation from England that it will be based at the Royal Bafokeng Sports Campus near Rustenburg. There was concern about the state of its training field and accommodations.

THE ASSOCIATED PRESS

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ScanLife

World class gouging? South Africa probes dodgy hotel pricing during the World Cup. Scan this code for the story.

'If we want to win ... we must play like them': Mancini

SOCCER Tired of being reminded it has not won a major trophy since 1976, Manchester City has to win a tricky visit to Stoke today if it is to set up an eye-catching FA Cup quarter-final against defending champion Chelsea.

A club that has spent the last 30 years in the shadow of neighbour Manchester United, but now has millions to splash out in the transfer market, badly needs to win a trophy to justify the recent spending by its wealthy owner from Abu Dhabi.

With Robert Mancini's team 15 points behind Chelsea in the Premier League title race, however, the FA Cup is its only realistic route to a trophy.

MICHAEL REGAN/GETTY IMAGES

Manchester City manager Robert Mancini knows a tough match awaits his club at Britannia Stadium against Stoke.

The man who coached Inter Milan to three Serie A titles in a row knows how difficult it will be to win at modest Stoke, which is tough to beat at its Britannia Stadium, due to its uncompromising, physical style of play and the amazingly long throw-ins of Rory Delap, which frequently lead to goals.

"There are no teams like Stoke in Serie A," Mancini said yesterday.

"Against Stoke, the ball will always be in the air. So we will prepare for a difficult game and not play our football."

The Italian's team has recently drawn twice with Stoke in back-to-back cup and league games.

"We must work on the high ball, on corners and free kicks, long balls and long passes. If we want to win this game, we must play like them."

THE ASSOCIATED PRESS

Results

- Defending champion Barcelona needed an equalizer from Zlatan Ibrahimovic to escape from Stuttgart with a 1-1 draw, while Michael Ciani headed Bordeaux to a 1-0 victory at Olympiakos in the first leg of the Champions League knockout round yesterday.

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Cleveland 105 New Orleans 95
New York at Boston
Minnesota at Miami
Portland at New Jersey
L.A. Lakers at Memphis
Phoenix at Oklahoma City
Detroit at Sacramento
Philadelphia at Golden State

TODAY'S GAMES

Portland at TORONTO
Minnesota at Atlanta
Memphis at Washington
Indiana at Chicago
New Orleans at Milwaukee
Orlando at Houston
Oklahoma City at San Antonio
Charlotte at Utah
Philadelphia at Phoenix
L.A. Lakers at Dallas
Detroit at L.A. Clippers

METRO HOCKEY POOL STANDINGS*

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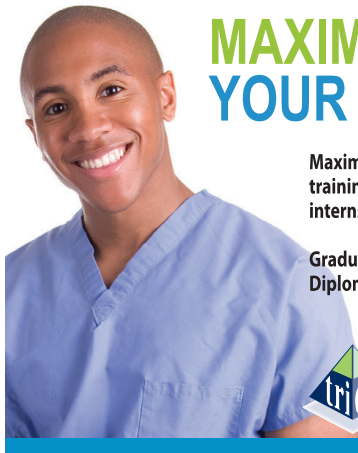
NAME	LOCATION	GP	G	A	PTS
1. Brian B	A, CA	887	376	525	901
2. Jonathon Gremsperger	B, CA	887	376	517	893
3. Shawn Tschritter	A, CA	882	364	524	888
4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
14. Grant Greenfield	A, CA	849	380	474	854
15. Darrick Bowden	N, CA	848	338	513	851

* Results exclude Quebec

markerzone.com

metro



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Olympics give NBC big ratings win

Nielsen says the Winter Olympics ruled in the ratings last week, treating NBC to an audience roughly three times the size of its closest rival, Fox. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Rochette's brave effort puts her in third place

Just days after the death of her mother, Canadian figure skater Joannie Rochette held it together on the ice and put on a show with a courageous performance in the Olympic women's short program last night.

The 24-year-old figure skater from Ile-Dupas, Que., scored a personal best 71.36 points for what had to be the most difficult program of her life. She stands a remarkable third going into Thursday's long program.

Joannie Rochette

The Canadian fought back tears when her name was announced in the warmup to huge applause, and again when she glided onto the ice.

She broke down the moment her emotional program ended though, and then collapsed into the arms of her longtime coach Manon Perron.

In between, there probably weren't many dry eyes in the Pacific Coliseum.

In brief comments relayed through Skate Canada high performance director Mike Slipchuk, Rochette said words could not describe how she was feeling.

"Hard to handle, but appreciate the support. Will remember this forever."

Reigning world champion Kim Yu-Na of South Korea scored a world-record 78.50 points to lead the standings. Mao Asada of Japan is second with 73.78 points.

Slipchuk called Rochette's performance remarkable.

"When she took to the ice she looked like the Joannie that we've known and have grown with, and she was as good as she's been all year," Slipchuk said.

"I think that's a testament to her that she was able to get herself in the right frame of mine and do a clean short program that you have to do in the Olympic Games."

THE CANADIAN PRESS

Auf Wiedersehen Germany

Jarome Iginla had two goals and Roberto Luongo picked up the easy win in his first action since he was tabbed as the starting goaltender as Team Canada thumped Germany 8-2 in an elimination hockey game last night at the Vancouver Olympics.

A much tougher must-win awaits today when Canada faces Russia and its array of scoring stars in the quarter-finals.

"They're a great team, but so are we," said Canada's Shea Weber, who scored against the Germans.

The Russians eliminated Canada from the 2006 Games in Turin with a 2-0 victory in the quarter-finals, but this time the game is on Canadian ice at Canada Hockey Place.

"It's going to be intense," said Canadian star Sidney Crosby. "We've got a tough game tomorrow. That's a big rivalry, we all know it."

Crosby missed on a penalty shot but scored a third-period goal, while Eric Staal responded to being put on the top line with Crosby and Iginla with three assists. Weber, Joe Thornton, Mike Richards, Scott Niedermayer and Rick Nash also scored.

Marcel Goc and Manuel Klinge replied for Germany, which was eliminated from the Olympics.

Luongo, who shut out Norway in Canada's opening game, took over as the starter from struggling veteran Martin Brodeur.

"It's a big stage. The nerves are there but I think it's a good thing," said Luongo, when asked if he had any butterflies.

"It gets the adrenalin going, gets you sharper and more focused. I had a lot of fun out there tonight and I'm sure I'll have a lot more fun tomorrow." THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Canada's Joe Thornton, right, celebrates his first-period goal last night against German goaltender Thomas Greiss with teammates Drew Doughty and Dany Heatley. Canada won 8-2.

Moir provides comic relief after tough days for Canada

ICE DANCING Scott Moir should take that act on the road.

The male half of Canada's Olympic champion ice dance team had them rolling in the aisles the morning after he and Tessa Virtue triumphed in the free skate at Pacific Coliseum.

The 22-year-old from Ilderton, Ont., is known as a prankster. Despite a near-sleepless night, Moir kept the one-liners coming yesterday morning in the Canadian Olympic Committee's daily briefing at the Main Press Centre.

It was welcome relief for Canadian team officials who had been delivering bad news the two previous days: Conceding Canada couldn't top the medal table at its own Games, and the death of figure skater Joannie Rochette's mother.

Chris Rudge, the CEO of the COC, and everyone assembled roared at Moir's take on everything from his call from Prime Minister Stephen Harper to smooching the ice after the free skate.

"Tessa was in doping and I was just kind of hanging out waiting," Moir said. "I always wanted to kiss the rings. I got down on my knees and thanked whatever powers were in that rink and gave us such strong performances.

"I think I French-kissed the ice. I was there for so long, my face was wet."

It was a toss-up for Moir on which was more thrilling, a call from Harper or Edmonton Oilers coach Pat Quinn, who was once a longtime coach of his beloved Toronto Maple Leafs. Harper, Moir said, "was pretty cool."

"He's not on my speed dial so we don't talk as often as I'd like," Moir cracked.

He was nine and Virtue seven when they began ice dancing together. Moir admitted he would have rather been playing hockey at the time.

"Something really changed in my life when I started to hold onto the hand of a very, beautiful little girl," he said, prompting a few female sighs in the audience.

"It just seemed to make more sense to hang out with a cute girl than with 19 other guys."

The two don't date off the ice, "just on the ice for seven minutes every time we do the program," he said.

Moir had jokingly told Virtue they had won silver when the scores were first announced after the free skate. She initially believed him, before realizing her partner was up to his old tricks and laughed it off. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Tessa Virtue and Scott Moir perform their free dance Monday in the ice dance competition.

Blunder proves costly for Dutch speedskating star

COACH If ever there was a blunder of Olympian proportions, this was it.

Dutch star Sven Kramer lost the Olympic gold medal yesterday when coach Gerard Kemkers sent him the wrong way on a changeover during the 25 laps of the 10,000-metre speedskating race — a mistake so elementary, it defies belief.

"It is a disastrous error," said Kemkers, still in shock because his faulty instructions had Kramer disqualified and moved Lee Seung-hoon of South Korea to gold from silver.

Kramer had not lost a 10,000 in three years, making him the prohibitive favourite to win — until the inexplicable happened.

Every lap, a skater moves from the outside lane to the inside lane, or vice-versa, for a changeover to make sure everybody skates the same distance.

Kemkers didn't realize Kramer had already moved outside, and desperately pointed him inside with one finger while Kramer was making the right decision to move to the outside lane.

The years of trust between coach and skater convinced Kramer to change his mind and move inside. THE ASSOCIATED PRESS

What to watch today

TV Highlights

2:15 p.m.: Cross-country skiing
Men's 4x10 km relay classic gold medal (OLN).
3 p.m.: Men's hockey
Playoffs (Sportsnet).
4 p.m.: Long-track speedskating
Women's 5,000m gold medal (CTV).
4:15 p.m.: Alpine skiing
Women's giant slalom gold medal (TSN).
7:30 p.m.: Men's hockey
Playoffs (CTV).
8 p.m.: Short-track speedskating
Women's 3,000m relay final (TSN);
8 p.m.: Bobsled
Women's gold medal (Sportsnet).
10 p.m.: Men's hockey
Playoffs (TSN).
Midnight.: Men's hockey
Playoffs (CTV).

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Janka secures Swiss gold

Carlo Janka of Switzerland won the Olympic gold medal in giant slalom. Janka had a combined two-run time of two minutes 37.83 seconds to add the Olympic title to the world title he won last year. THE ASSOCIATED PRESS

Vancouver Games

Meet Ashleigh McIvor, Canada's latest hero

Canadian Ashleigh McIvor is the first Olympic women's ski-cross champion.

The 26-year-old native of Whistler led from start to finish to win gold yesterday at the Vancouver Winter Games, where ski cross is making its Olympic debut.

Hedda Berntsen of Norway won silver at Cypress Mountain while Marion Josserand of France took the bronze.

McIvor is the defending world champion and won a World Cup silver medal on the Cypress course just more than a year ago. She is ranked second in the World Cup standings.

The high-drama event features four skiers navigating a course with bumps, jumps and turns in a race to the finish line.

McIvor was Canada's first ski-cross racer to secure a spot on the Olympic freestyle team — which served as both a blessing and a curse for McIvor. She was thrilled to have a Games spot locked up well in advance, but the early nomination only made the wait that much more difficult.

A natural daredevil, McIvor began skiing down her parents' carpeted steps at age two. As a child, she spent her summers traversing rugged terrain on her bike, and her winters blazing down the ski hill.

After winning her first-ever ski-cross race seven years ago — and subsequently qualifying for the X Games — McIvor was hooked. Sponsors and ski companies lined up right away, recognizing the combination of movie-star beauty and raw talent made her an instant superstar. THE CANADIAN PRESS

Canadian finishes

- Kelsey Serwa of Kelowna, B.C., just missed making the final to finish fifth. Julia Murray of Whistler finished 12th while Danielle Poleschuk of Winnipeg finished 19th at Cypress Mountain.

DARRYL DYCK/THE CANADIAN PRESS

Canadian Ashleigh McIvor celebrates yesterday after winning the gold medal during women's ski-cross competition at Cypress Mountain in West Vancouver.

Martin to play either Sweden or Britain in curling semifinal

MEN Canada's Kevin Martin made a clean sweep of the round robin in men's curling at the 2010 Winter Olympics yesterday, but will have to wait to find out who his opponent will be in tomorrow's semifinal.

Martin made an open draw for four points in the first end of his game against China's Hongchen Li before romping to a 10-3 blowout.

Canada, which had wrapped up first place a few days ago, ended the round robin with a 9-0 record.

"That game was important in the fact of keeping the percentages going and you could tell we didn't play overly aggressive today," said Martin.

"We didn't want to get our numbers down."

Martin will await the winner of a playoff game today for the last playoff spot between defending world champion David Murdoch of Britain and Niklas Edin of Sweden.

The Canadian skip said it doesn't really matter who he faces.

"It's all about numbers and playing well and that's all we can worry about," he said. THE CANADIAN PRESS

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Bernard grabs No. 1 seed

CURLING Canadian curler Cheryl Bernard has stolen her way to the No. 1 seed at the Vancouver Olympics.

Bernard picked up four steals against 19-year-old British skip Eve Muirhead yesterday en route to a 6-5 win. With the victory, the Calgary skip improved her round-robin record at the Winter Games to 7-1 and assured her rink top seed for tomorrow's semifinal playoffs.

"That was again one of our better games, up in the top couple of per cent," Bernard said after the win.

Then, in what may be a terrifying realization for the rest of the field, she added: "I still think there's room, I think we can improve a little bit more."

Bernard will open the playoff round against Mirjam Ott of Switzerland tomorrow. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Cheryl Bernard is shown during yesterday's win.

Are we missing the point of Own the Podium?

The intent of Own the Podium is to have Canadian athletes be competitive at the home Olympics. That's why about $120 million has been invested over the past five years.

Mission accomplished.

As of the completion of Day 12, Canada boasted 11 medals — six gold — and another 18 fourth- or fifth-place finishes.

The results have come in almost all disciplines from figure skating to cross-country skiing, and all sports in between.

Where Own the Podium has gone awry is in the interpretation of its message. Strangely, the moniker for a strategy to support high-performance athletes from this country has taken on a jingoistic connotation.

The tone has been slightly aggressive and Own the Podium has become a buzz phrase that when poorly translated, actually runs counter to the ideals of the Olympics.

One of the founders of the modern Games, Pierre de Coubertin, envisioned a higher purpose for this international gathering.

"In the Olympics, as in life, the most important thing is not the victory," de Coubertin wrote.

"The most important thing is the struggle … the taking part."

The goal of the Own the Podium program is noble indeed.

It's designed to support Canadian athletes who were notoriously undervalued by an affluent country that fancied itself full of youthful potential.

In other words, Canadians should excel in winter sports and contend for championships at an Olympics staged in this country.

It is right to be ambitious and competitive.

But to try to "own" something as elusive as the most medals at the Olympic Games can be characterized as being boastful and a challenge that, if not delivered upon, is seen as a failure.

Own the Podium is anything but a failure.

It is a plan whose translation to the Canadian public has been flawed.

Canadian athletes are achieving at an exceptional level.

They are competing on even terms with the best in the world.

The medals will come, and besides, no amount of money, science or coaching can assure success in the fickle arena of the Olympic Games where anything can happen.

Own the Podium is a good plan, but it's the wrong name.

We should understand that Own the Podium is really about a consistent pursuit of excellence by all Canadian athletes.

Too bad something got lost in the translation.

"Own the Podium has become a buzz phrase that when poorly translated, actually runs counter to the ideals of the Olympics."

GET THE LATEST MEDAL COUNT! metronews.ca

Gemini Award winner and author Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

VANCOUVER GAMES

MedalCount

NATION				TOTAL
U.S.	7	8	10	25
Germany	7	9	6	22
Norway	6	5	6	17
Russia	3	4	6	13
Canada	6	4	1	11
South Korea	5	4	1	10
France	2	3	5	10
Austria	3	3	3	9
Switzerland	6	0	2	8
Sweden	3	2	2	7
Netherlands	3	1	2	6
China	3	1	1	5
Poland	0	3	1	4
Italy	0	1	3	4
Slovakia	1	1	1	3
Czech Republic	1	0	2	3
Japan	0	1	2	3
Australia	1	1	0	2
Latvia	0	2	0	2
Belarus	0	1	1	2
Croatia	0	1	1	2
Slovenia	0	1	1	2

On the web

Visit metronews.ca for Vancouver Games updates.

Mount Royal launches new logo
Yesterday Calgary's Mount Royal University unveiled its new logo, the result of a nine-month process of extensive research and consultation involving students, faculty, staff, prospective students, and community members. Check mtroyal.ca to see the logo. METRO NEWS SERVICES

Workology

Labour shortages loom

The labour shortages that existed before the market downturn will resurface once the economy fully recovers, the Canadian Chamber of Commerce warns in a new report released yesterday. To realize Canada's full potential, businesses will need to tap the country's pool of underutilitized talent: Older workers, Aboriginal peoples, individuals with disabilities, and new immigrants, the report says. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

U OF T OUT OF THE INVESTMENT GAME In a letter sent to faculty and staff and reported on by the Globe and Mail, University of Toronto president David Naylor announced the school would discontinue its foray into aggressive U.S.-style investing after a decade of poor returns and a $1.5-billion loss that wiped out close to 30 per cent of the institution's pension and endowment funds in a single year. The move follows recommendations from a blue-ribbon panel, whose report finds that the University of Toronto Asset Management (UTAM) "has not achieved its mission." The report suggests U of T bring UTAM back under its direct control, and scale back its exposure to risky investments such as hedge funds and private equity.

NAIT FACES LAYOFFS The Northern Alberta Institute of Technology might have to make cuts to its apprenticeship programs and lay off staff in order to deal with a $10-million funding shortfall. NAIT could train as many as 1,000 fewer apprentices in the next budget year, which could affect staff levels. In order to avoid job cuts and to balance the shortfall, NAIT may increase online learning and send trades instructors to teach abroad.

UNB STUDENT UNION CHALLENGES PROPOSED ANCILLARY FEES As part of the University of New Brunswick's budget process, departments have been encouraged to find ways to either cut costs or generate new revenue. UNB's science faculty has proposed a $35 fee per lab and a $25 fee for first- and second-year math courses, which the student union president says will add $260 in expenses for the average first-year science student. The student leader suggests fee increases might be UNB's way to bypass a tuition freeze as it plans to trim nearly $3 million in expenses at its Fredericton and Saint John campuses. METRO NEWS SERVICES

Jobs that make tasty things look tastier

Working **the Wok**

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. This is the last in the series, so check Metronews.ca to read the whole thing and stay tuned for next month's theme, engineering.

JON TATTRIE
for Metro Canada

A food stylist set up this stock photo and a food photographer shot it, sounds like a delicious job, no?

When Lucie Richard contemplated a career as a food stylist, she worried she was lacking a critical personality trait.

"I thought they were way too anal," she admits. "They promised me they could make me an anal person and they were successful. I can spend a lot of time looking at five peas on a plate."

That fine eye for detail is important for the make-up artists of the food world. A former chef, Richard (lucie richard.ca) prepares food for photo shoots and keeps it looking hot, cold, juicy or tender, depending on the item. The freelancer works in editorial, advertising and packaging.

"Basically, I'm being paid to play with my food, which I was reprimanded for as a child," she jokes. "It's a fun way to work with food and not be in a restaurant kitchen."

Most food stylists have a background in food, but there is little direct training in North America. Tricks of the trade — like using tweezers and dental picks to shape food — are collected on the job. A deep knowledge of food is critical so that you know how a recipe will turn out before you start and how food behaves over time.

"Basically, I'm being paid to play with my food, which I was reprimanded for as a child." Food stylist Lucie Richard

When Richard is done, she hands over to food photographers like Yvonne Duivenvoorden. Duivenvoorden (Broad daylight.ca) trained as a photographer at Holland College in P.E.I. and then Ryerson University. She works in Toronto.

"As soon as I discovered that people actually do this for a living, I was caught up," she says of her preference for commercial photography over fine art. She started working as a photographer's assistant and recommends such informal apprenticing.

"The irony of it is that I can't cook a thing. I'm not even that interested in the flavour aspect of food. I see it very much as shapes and colours on a plate," she says. "I see it as a still life."

That gives her a photographer's eye unbiased by a personal love of chocolate or hatred of liver. Like Richard, Duivenvoorden is quick to bust myths: Turkeys are not shellacked, mashed potatoes don't pretend to be ice cream and food doesn't sit under hot lights all day. At the end of a shoot, she says all of the dishes she photographs are edible, if a little tired, and she mostly relies on natural light.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: **metronews.ca/work**

Ex-premier says Quebec universities in critical shape

EDUCATION A prominent group of Quebecers says the province needs to hike tuition fees.

The group includes former premier Lucien Bouchard — whose Parti Québécois government froze tuition a decade-and-a-half ago at the lowest rates in Canada.

But now Bouchard says universities are in trouble.

He and a group of other prominent Quebecers signed a declaration yesterday calling for an increase in university tuition.

"Quebec universities are dangerously under-funded compared with those in Canada and North America," Bouchard told a news conference. "These precarious finances have now reached a critical stage. If nothing is done, it's students themselves who will suffer first. And surely, inevitably, so will all of Quebec society."

Other signatories included former Liberal finance ministers Michel Audet and Monique Jerome-Forget.

Any hint of tuition hikes has, in the past, triggered a vigorous backlash and had Quebec students out in the streets protesting.

But the debate has now been relaunched as Quebec, like almost every other jurisdiction in the world, struggles with a considerable dilemma: How to balance its budget without decimating services, or hiking taxes.

Some see a bump in user fees as the only solution.

Quebec undergraduates pay roughly $1,700 a year in tuition — barely one-third what students pay in other provinces. THE CANADIAN PRESS

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Schulich MBA makes top 20 in Expansión ranking

York University's Schulich School of Business placed 18th in the world in a global MBA survey conducted by Expansión magazine, a Mexican-based business publication. It is the highest ranking Schulich has ever attained in the survey. METRO NEWS SERVICES

More to school than a degree

MAT LECOMPTE
for Metro Canada

Making goals for yourself is popular. Sticking to those goals, however, is not — at least when you're trying to do it on your own.

For the people out there looking for help achieving their goals or improving their lives, there are a number of places that may be offering what you need. In fact, colleges and universities across the country offer various "life skills" courses to help people gain important knowledge that isn't academic. Such courses are things like career management, SLR photography, automobile skid control and collision avoidance. Basically, they are courses/seminars that focus on popular skills people wish to acquire.

Mary Devine, chair of the School of Continuing Education at Toronto's Centennial College, says that the lifestyle and career skills courses and seminars are quite popular.

"We see a need in our community for individuals to build these kinds of skills," she said. The low cost, flexibility and relevance, combined with the learning environment makes it easy for anyone to get involved, she told Metro.

She said that opposed to learning these skills on their own, students benefit and are motivated by the group setting. Hearing a variety of ideas helps stimulate thought, thus enhancing the experience for those in attendance.

For a list of the lifestyle and career skills being offered by Centennial, check out their web site at centennialcollege.ca/ce.

Gordon McDonald, of the Training Group at Douglas College in British Columbia, (with locations around the Vancouver area) says that in some cases, these life skills courses can indirectly lead to employment.

"A number of organizations that focus on HR development and education, like the British Columbia Human Resources Management Association, indicate that an individual's interest in increasing their knowledge — whether for business or personal use — is seen by many employers as a beneficial attribute."

He does say, however, that courses are focused on building the students skill-set in the area of their choice — for example, operating an SLR camera they may have received as a gift.

The University of Toronto's School of Continuing Studies also offers courses that build a persons' skill set. Lee McTavish, manager of partnerships and programs at the school, explained that the career development course helps people identify their skills and promote them in the workplace.

"There is so much competition that you really need to use your tools to distinguish yourself in the marketplace," she said. "The course helps students move towards their ideal selves and their ideal jobs."

Regardless of what you'd like to learn or accomplish this year, there is likely a course available. To check the continuing education courses and seminars at the institutions mentioned above, visit them on the web at douglas.bc.ca and learn.utoronto.ca.

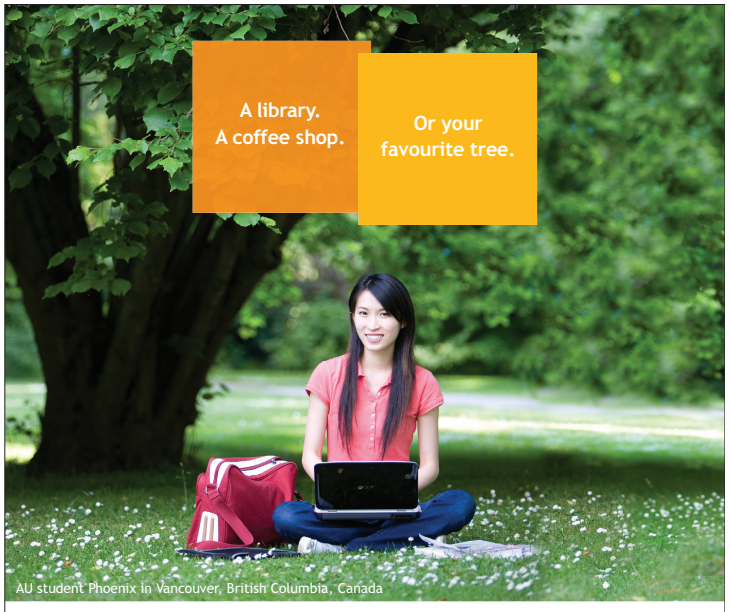
"Life skills" courses at college — including course on SLR photography — are popular low cost, environment and flexibility.

> **"Increasing (your) knowledge — for business or personal use — is seen by many employers as a beneficial attribute."** Douglas College's Gordon McDonald

More life skills

There are a number of colleges and community centres across the country that offer life skill and career development seminars so check up at your local community centre or college and most recent information. A few schools and programs that are being offered currently are:

- MAC BASICS Making the Switch — This course is being offered by Georgian College in Barrie, Ont., and shows PC users how to use a Mac computers. georgianc.on.ca.
- WRITING CLEARLY This course helps people struggling with their English writing to form clear and concise work. It's good for ESL students as well as people looking to improve their writing. This course is offered by NorQuest College in Edmonton. norquest.ab.ca
- COMPUTER WORKSHOPS Maisonneuve College in Montreal offers a variety of programs to help improve computer literacy and multimedia skills. cmaisonneuve.qc.ca/



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GlaxoSmithKline funds research chair at uSask pharmacy college
Pharmaceutical firm GlaxoSmithKline recently announced a $1.5-million donation to the University of Saskatchewan's College of Pharmacy and Nutrition. METRO NEWS SERVICES

Contracts, do they still matter?

WorkplaceLaw

Do contracts really matter or are they irrelevant? In the world of workplace law, why are some agreements upheld, when many others are simply overlooked? The answer depends on the purpose that the contract is meant to serve.

Independent contractor agreements: It usually will not matter that workers have signed agreements confirming that they are not employees. Employers, happy to unburden themselves from various costs and liabilities associated with employees, increasingly retain "contractors" to perform the same services their employees did before. Often, those same employees are seamlessly turned into contractors. And the former employees, content to pay their own taxes, are not about to complain. When this characterization is challenged, sometimes many years later, courts have found the workers were truly employees. No surprise there. The contract represented little else than a "label." Seldom will this be sufficient.

Post-employment restrictions: Many contracts contain broad restrictions preventing workers from competing with their former employers or soliciting their old clients following their departure. In certain cases, such as where an employer is vulnerable to an ex-employee, such agreements can stick. But in many others, they will easily be struck down. This is because employers often take a kitchen sink approach to drafting employment contracts. They bargain for excessive protection, no matter how junior or administrative the employee. Clients will not usually follow a junior employee, so a clause restricting that employee from competing with his former employer is not likely reasonable.

Policy Manuals: In one recent case, the employer argued that since the employee had not reported harassment as she was required to under the company's policy manual, the company could not steps to address it. As a result, it argued, it was the employee who had breached the employment relationship, not the harasser. The court easily dismissed this notion. Although terms in a policy manual can sometimes operate as conditions of an employee's job, those terms must be reasonable or they will not be upheld.

Termination clauses: Similarly, contractual language surrounding termination is often challenged. This is because even without a contract, there is an implied right to reasonable treatment upon termination. Why would anyone agree to anything less? Seldom do employees negotiate contracts on the same footing as their employer.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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30workology

One entrepreneur was sure to keep it fresh

For many entrepreneurs, coming up with a great idea is just the first step.

Making it become a reality and sharing that vision with others takes some more time. For Canadian Jay Gould, the great idea started when he was in New York City's South Street Seaport and tried the fries at New York Fries. After tasting the difference of a fresh cut fry in a market of frozen fries, Jay and his brother Hal purchased the Canadian rights for the concept with the intention to build out a chain that served the best French fries as their feature menu item.

The concept was simple — select the best Canadian russet potatoes, fresh cut them daily in each store, and cook them to order using the highest quality oil. Not surprisingly, critics, including landlords, doubted the viability of a business based only on fries and pop. Resisting early pressure to franchise and grow too quickly, Jay instead financed the stores for the first two years to ensure the operation was ready. He knew that potential franchisees would also question such a targeted concept, and wanted to clearly demonstrate that done right, focused and without distraction, the business would indeed be profitable.

"To build a small business into a national success, it was important to ensure that we were working with people who understood and believed in the vision of New York Fries," says Gould. "We opted for organic growth instead of trying to make it huge right from the outset."

More than 25 years later, New York Fries continues to bring its concept of real, fresh fries to 200 locations in Canada, Hong Kong, South Korea and the U.A.E. with sales in excess of $60 million and future growth in international markets planned in 2010. "We're continuing to grow, but it's important that the quality of the product stays consistent," continues Gould. "We use trans fat free sunflower oil and fresh hand-cut potatoes to make all of our fries. The key to our success has been to take one product and make sure that we do it better than anyone else."

NEWS CANADA PHOTO

New York Fries franchise owner Jay Gould.

NEWS CANADA

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Blind professor extols virtues of CNIB, reading

Betty Nobel has it all. Her life includes a thriving career at Vancouver Community College, a busy family with two children and two grandchildren, and a lifelong devotion to learning and volunteerism.

Reading is at the core of these activities. However, without government funding for accessible library services, Nobel — who is blind — could find the future much more difficult.

To ensure Betty can continue to enjoy her right to read, CNIB is calling on all Canadians to visit cnib.ca/righttoread, where they can join a campaign urging the government to fund library services for people with vision loss.

"I have a right to a good library service just as any Canadian does," says Nobel, who relies on the charitably-funded CNIB Library in almost every aspect of life.

In the mornings, Betty chooses local and international newspaper stories to be read aloud digitally through the CNIB Library digital portal, discussing them with her husband over coffee before catching the bus to work.

There, she relies on a combination of braille books, electronic texts and digital audio formats — from the CNIB Library — to conduct her classes. On the way home, she often listens to a book chosen by her book club.

Many evenings are spent reading to her grandchildren with special print-braille books borrowed from the library — Betty reads from a braille overlay in the book, while her grandchild follows along.

Its Betty's hope the federal government and all the provinces will help CNIB keep blind and partially sighted Canadians reading.

NEWS CANADA

Workology in brief

IS THE UNIVERSITY OF THE PEOPLE SUSTAINABLE? It's been a year since the University of the People launched, and some are questioning the project's long-term viability. The director of Boston College's Centre for International Higher Education does not think in the long run the project can run on volunteer faculty. The director also has reservations about UoPeople's "peer-to-peer" learning model, stating that having the professor in a marginal role might negatively affect learning outcomes. UoPeople is not currently authorized to grant degrees, and is seeking accreditation in the U.S.

BLUEPRINT FOR THE FUTURE In a new blog post, Mark Solomon, Manager of Aboriginal Student Services at Seneca College, reflects on his attendance at "Blueprint for the Future," a career fair targeting Aboriginal youth, which took place on Feb. 10 in Thunder Bay, Ont. Mark comments on the significant amount of bursaries the National Aboriginal Achievement Foundation has distributed throughout its tenure and his workshop on what colleges can offer Aboriginal students.

METRO NEWS SERVICES

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How did workers fare in the latest recession?

According to the eighth Rethink RetirementTM survey, almost half of all Canadian workers (44 per cent) managed to keep their finances on track despite the recession.

Even better, more than one in four (26 per cent) indicated an improvement. However, one worker in three (30 per cen) reported that they are now worse off. The recession appears to have had less of an impact in Quebec, where 53 per cent of respondents said that their situation stayed the same, compared to an average of 44 per cent in the rest of Canada.

Workers between the ages of 18 and 29 (44 per cent) and respondents whose savings and investments increased or who paid off their debts (40 per cent) saw their situation improve.

When asked why they were now better off, respondents tended to mention a growth in employment income due to:

- Increased salary or raises
- A better job (promotion, full-time work)
- Overtime

Eighteen per cent of respondents said that paying off debts (excluding primary residence mortgages) was the first step in improving their financial situation.

"I got a promotion, so I was making better money," said one respondent. "Since I didn't have any unforeseen expenses (home or car repairs) I was able to pay off my debts and keep investing in my RRSP."

Thirty-one per cent of workers said that they were able to pay off a portion of their debts, which is exactly the same proportion as those who saw their debts go up. Many respondents also said that better budgeting was behind their improved financial situation.

NEWS CANADA

NEWS CANADA PHOTO

About one quarter of workers came out of the recession in better shape than when they went in a recent survey indicates.

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Tufts U invites applicants to submit personal videos
Massachusetts-based Tufts University has become the first selective institution in the U.S. to encourage applicants to submit videos about themselves, and more than 1,000 applicants have included one-minute video essays in their bids for a spot in the Class of 2014. METRO NEWS SERVICES

Profiles of Success

Success, these profs have seen it

KEITH CARMAN
for Metro Canada

While vigour is vital to many college professors, a wealth of history and performing an essential role in one's field are equally critical. To this extent, Ottawa-based Willis College proudly asserts the inclusion of Professor Akbar Manoussi amongst their ranks.

The Chair of Willis' Clean Energy Education Department, Manoussi is a Business and Management professor with more than 25 years of classroom experience.

Receiving his undergraduate honours degree in Economics and Law from Iran's Tehran University in 1970, he carries extensive abilities in applied management and business. With credits extending to include presidency of the Green Party of Canada, Ottawa-Vanier and the Canada-Iran Friendship Council, Professor Manoussi's legacy has been instrumental in ensuring career college patrons are preferred professional candidates.

"Business leaders are not only made in classrooms," he notes. "By working on the projects throughout the semester, it allows students to immediately put their academic knowledge into practice while concentrating on their learning needs."

PHOTOS SUBMITTED

Makeup Artistry program developer Cheryl Gushue from Salon + Spa Career College-Champlain Institute is seen here at work. At left for a previous Toronto fashion week and at right for a photo shoot.

• • •

"Career colleges offer specific learning. The curriculum is relevant to what's going on in our industry," beams Cheryl Gushue.

As a world-travelling designer, makeup artist and stylist, she should know. Gushue developed the Makeup Artistry program for Toronto's Salon + Spa Career College-Champlain Institute, one of many career colleges dedicated to finite learning.

She also designed a line of bathing suits (gushueswim.com) that earned her placement as a finalist for the Elle Canada New Labels Competition last year, acclaim that when coupled with endless praise from pupils, coveted student team dubbed "Cheryl's Angels" and fashion judges, exemplifies her passion.

Essentially Gushue is one of many post-secondary mentors who thrive from their profession, continuing to explore new means of adapting to it via creativity inside and outside of the classroom. Their work finds them not only at the forefront of the medium but utilizing their knowledge to advance scholastics and — most importantly — glean respect and trust thanks to the personal pride found in their profession and pupils.

"I see beauty in every face," Gushue smiles, hammering the point home. "I love taking a blank canvas and creating my vision to bring out their best features. There's something so rewarding about giving someone a level of confidence to take on their day."

• • •

Carving her own caring tutorial niche via humour, Canadian Business College Accounting & Canadian Payroll Instructor Tina Shaba recognizes how bluntness is the essence of commerce. Still, it's Shaba's unusual ability to inject levity into the typically unexciting world of accounting that garners weekly letters of praise and fanmail denoting her as "a rare example of teaching at its best" and "a credit to the school."

"Being a teacher has really enriched my life."
Tina Shaba

Melding real work experience with projects and case studies, Shaba — who relocated to Canada from Iraq in 2001 — believes her uncanny mixture of crunching digits with drollery is crucial in getting messages across. A victim of her own candour, Shaba simply admits she loves, "numbers and people. Being a teacher has really enriched my life."

Profiles of HERZING COLLEGE

Ruth Joanne Goodyear Community Service Worker, Instructor

Years of experience: 20 plus
Occupation: Community Service Worker Instructor, Herzing College

Q: What do you like most about your job?
A: Working at Herzing College, I love the educational environment. I love the autonomy of my job, as well as the opportunity to make a difference in the lives of my students, as they grow and develop professionally and personally.

Q: What are the most challenging aspects of your industry?
A: There is an increasing shortage of educated community service workers and an increasing number of marginalized groups, such as the homeless, mentally ill, and an aging population.

Q: For newcomers to the industry, what tips would you offer them on getting started?
A: Come to Herzing College for the complete package; hands-on-training, professional development; experiential and collaborative learning, as well as networking and community involvement through practical experience (two-month internship).

Q: What kind of local associations/organizations/volunteer activities would you recommend for people just starting out?
A: Herzing College has a partnership with the Salvation Army where many of our students find their internships. Many of our CSW graduates have been hired by the SA.

Call Herzing College 1-888-639-2273
Or visit www.herzing.edu *for more information.*

Profiles of Everest COLLEGE
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Fred Cox Instructor, Everest College

Fred is the epitome of professionalism and is always a gentleman in the manner in which he conducts himself both in the campus and in the community. He is loved and respected by his students and co-workers. Fred is a demonstrated team player. As well as ensuring an exceptional learning experience for his students, he also works closely with Administration and Admissions to ensure that all new students are prepared to move forward into their program of interest. Fred Cox is an "Inspired" instructor who uses all means available to ensure the students grasp a concept. Fred Cox is a wonderful and dedicated representative of Everest College.

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TVO's top professors talk it out with Metro

RAFAEL BRUSILOW
for Metro Canada

A great instructor can make learning come to life and Toronto and Ottawa schools are home to some of Canada's finest. Metro caught up with some of the talented and passionate instructors recently nominated for TVO 2010 Best Lecturer Competition by their students to find out their teaching secrets.

Nadia Habib, York University

Humour goes a long way to helping York University professor Nadia Habib create a comfortable space for students to discuss tough ideas.

"Difficult ideas can be exciting. I like to create an atmosphere where people feel like the class is almost a private space and to be able to understand that the knowledge is yours, it doesn't belong to the teacher, that's a good thing for students to leave with."

Sangita Dubey, Carleton University

Holistic teaching that goes beyond books and into the real world is Carleton economics instructor Sangita Dubey's modus operandi and students love her way of making difficult concepts easy to understand.

"I'm always trying to find a logical approach and to not only teach a subject but show how it applies in the real world. For me it comes down to two things: Love your subject matter and care about your students," Dubey said.

Sohail Rashid, Ryerson University

Energetic, animated and happy to talk your ear off, Ryerson psychology instructor Sohail Rashid considers his style of teaching "edutainment."

"I think that to engage students you have to be entertaining. I'm a really shy person but in my performance mode I go far to the other side," Rashid said.

David Gray, University of Ottawa

To command attention at all parts of the classroom, University of Ottawa professor David Gray keeps on his feet, walking around the class and using large gestures and a loud, almost-exaggerated voice.

"I tend to be very flamboyant in class — sometimes in my evaluations my students say I'm spastic. I go for depth rather than breadth and I believe most of what I'm teaching is extremely useful for students," Gray said.

Monika Havelka, University of Toronto

Biology can sometimes feel dry so U of T professor Monika Havelka likes to demonstrate unusual processes personally, contorting herself in a comical run to show how a lizard might run on hind legs for instance.

"I like to make an ass of myself! I have an enormous amount of enthusiasm for my subject material."

Profiles of COMPLECTIONS International Academy of Make-up Artistry

Neil Morrill *Instructor, Special Make-up Effects and Creature Design*

Special Make-up Effects and Creature Design Instructor Neil Morrill has enjoyed immense success in the film industry. His numerous credits include 300, Tomb Raider: Cradle of Life, Silent Hill, Shoot 'Em Up, and several of the Saw movies. Most recently at the International Makeup Artist Tradeshow he curated the Creature Museum. His degree in Fine Arts is from the University of Staffordshire, majoring in Figurative Sculpture and Modeling. He honed his sculpting skills at the world famous Madame Tussauds Museum in London. Neil teaches his students the basics of anatomy and sculpture, helping them to train their eye to see their work objectively. These fundamentals are crucial to produce realistic prosthetics or creatures – a must in the industry. "Students are able to tap into their creative side in the special effects classes," Neil says. "It's cool seeing their confidence grow, and where their skills can take them."

Call 416.968.6739 ext 23
Or visit www.complectionsmake-up.com *for more information.*

Profiles of Medix School

Catherine Ortiz *Instructor, Medical Office Assistant program at Medix School*

"Every student has the potential to succeed"

Catherine Ortiz is the instructor for the Medical Office Assistant program at Medix School North York Campus. She is committed to giving her students the training to succeed in the medical field. Catherine is a native of Ecuador where she practiced as a Physician. She immigrated to Canada with her family twelve years ago and believes it is the best decision she ever made. As much as she loves being a doctor, she has a lot of experience in teaching and it is this experience that supports her firm belief that every student has the potential to triumph. This she feels is demonstrated by her students on a daily basis. She prides herself in finding new ways to connect with her students in order to share her knowledge and in turn sees their passion for their careers. Catherine was recently recognized for her outstanding teaching methods by Medix School. Catherine's students often return to share their success stories within the field and always take with them the most important lesson of all: "In everything you do, always be the greatest!"

North York 416-630-8021 • Scarborough 416-701-1201
Brampton 905-487-1163
Please call or visit www.medixschool.ca *for more information.*

Profiles of Trillium College

Carlos R

Carlos came to Trillium College in 2008 after working several years in retail. He always enjoyed working with people, and was a person who his friends and family went too when life had it's challenges. He met with one of the Trillium Colleges Registrars and they determined that a career in Community and Social Services was the best fit. He enrolled in the 45 week College Diploma program and graduated later that year, with honours. He did his 8 week placement at a Mental Health facility and did well, and they offered him a full time position after he finished his placement. He has worked there for a year now and enjoy working with

Lisa B

Lisa enrolled in the Medical Office Administration program in 2009. She always worked in customer service and was hoping to find a career with more regular work and hours. She graduated with her Diploma in Medical Office Administration with honours. She obtained a career with a Chiropractic Office in her community. It is a small family business and she is very happy. "Trillium College gave me the skills and confidence to re-enter the professional workforce...the instructors were so supportive and knowledgeable" says Lisa.

Tina K

Tina came to Trillium College in 2009 to pursue her dream of working in a Dental Office as an Intra Oral Dental Assistant. She toured the school and liked the small classes and thought that would be best for her, as she had been out of school for several years. She had a young family and the regular schedule and taking one module at a time with regular evaluation, suited her best. "...I also appreciated the fact that I had my diploma in 50 weeks..." says Tina.
Tina was employed by a Dental Office near her home and has a flexible schedule that fits her family needs. She enjoys her work, and feels like she is helping her community.

Karla T

Karla always enjoyed working with numbers and decided that she was best suited to Accounting and Payroll. She enrolled in the Accounting and Payroll diploma program at Trillium College in 2008. She appreciated the small classes and individual instruction. She was hired by a small firm right after graduation and has since leveraged that experience and education to a Accounts Payable position with a larger company. Karla says "... the instructors went thru the Accounting and Microsoft programs and explained how we would be using them in the office environment....also learned the skills to go into business for ourselves...."

Trillium College is a registered Private Career College that has 8 campuses across Ontario (Ottawa, Oshawa, Kingston, Peterborough, Richmond Hill, Toronto, Burlington and St. Catharines) offering College Diploma courses in Health, Business and Social disciplines. Call us at 888 982 0575 for more information about our classes and to book a tour at any of our campuses.

www.trilliumcollege.ca

Going green in Rio

Michelin has announced that its 10th annual Challenge Bibendum, the world's largest environmental vehicle event, will be held in Rio de Janeiro, Brazil, this summer. Thousands of the world's leading vehicle manufacturers, technology developers and media will attend the rally for sustainable mobility. CANADIANDRIVER.COM

Metro Drive

Enter the Juke

Nissan Juke is headed to North America, the automaker recently announced. The all-new small crossover CUV will be added to Nissan's Canadian lineup in fall 2010. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

The large chrome grille and raised hood gives the 2010 Toyota Tundra pickup a robust, purposeful look.

Toyota steps up for Tundra

NEIL MOORE
for Metro Canada

"Here's a big enough spot," I say to my wife as we head towards the grocery store parking lot's back 40. This has been the story of my week, having been unable to park near the front doors — virtually anywhere — since picking up my tester, the 2010 Toyota 4x4 Tundra Double Cab pickup truck.

Pickup trucks, especially the full-size ones, have always been about trade offs. To get the capacity and grunt you need for hauling building supplies, piles of dirt, large boats and horse trailers, you're saddled with a thirsty behemoth.

The 2010 Tundra is no exception, at least in terms of size. Substantially larger than Toyota's first effort in '93, the humble V6-powered T100 — today's Tundra is every bit as brawny as its Big Three competitors.

But Toyota has felt the effects of buck-a-litre gas on truck sales and has responded with a new 4.6-litre base engine that improves not only on fuel economy, but in power. My tester was built upon the base 4x4 Double Cab SR5 (4.6 litre) at $35,790, adding the TRD Offroad package ($4,105), along with a rear bumper step ($347 installed) and a two-inch trailer ball ($28 installed). This brings the MSRP up to $40,270 and gets you a well equipped vehicle.

Standard equipment on the 4x4 Double Cab SR5 includes power windows and locks with keyless entry, dual zone climate control with filtration, six-speaker AM/FM/CD/MP3/WMA audio system, 60/40 foldable rear bench seat and a full suite of gauges that includes voltmeter, water temperature and transmission oil temperature.

2010 Toyota Tundra 4X4 Double Cab

Type: Full-size pickup truck
Price: $40,270
Engine: (as tested) 4.6-litre DOHC, 32-Valve V8 (310 hp, 327 lb/ft of torque)

Highlights

- Improved fuel economy and power
- Plenty of engine options

Road to licence with e-driving

ONLINE TRAINING According to a 2009 meta study from the U.S. Department of Education, students who took all or part of their class online performed better, on average, than those taking the same course through traditional face-to-face instruction. Students who mixed online learning with traditional coursework (i.e. blended learning) did even better.

Always on the cutting edge of learning, Young Drivers of Canada has recently launched YD e-Experience, a new, interactive online training session that allows novice drivers to learn at their own pace from their home computer.

The 10-hour online training, which is only available from YD, is easy to use, engaging and effective. The interactive videos, 3-D animations, photos, graphics and easy-to-follow voice-over narrative, make learning to drive an enjoyable experience. Segments take between 20 minutes to 30 minutes to complete, and students can choose the amount of time they want to spend at each sitting.

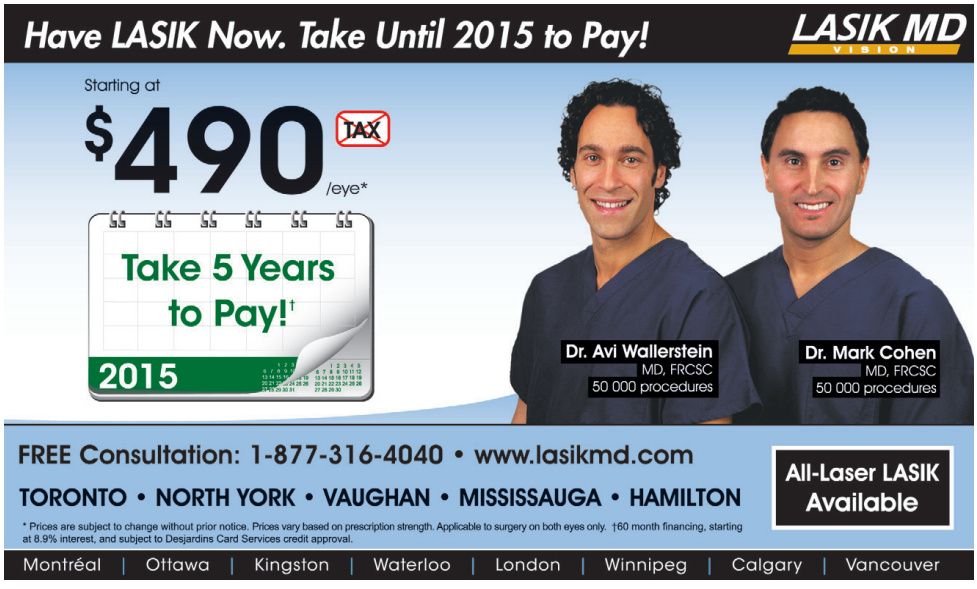
"A lot has changed in the 40 years that YD has been training new drivers, so we are always looking for new ways to build a strong foundation of knowledge for our students," said Peter Christianson, president of Young Drivers of Canada.

YD e-Experience is part of the YD Novice Driving course, which is a beginner driver education (BDE) course. The other course components consist of 20 hours of in-class instruction that includes state-of-the-art HD video footage and 10 hours of private in-car training with only one student in the vehicle with the instructor.

You can test-drive YD e-Experience for free at yd.com/edemo.

NEWS CANADA

Young Drivers of Canada is now offering the e-Experience, an online training session for novice drivers.



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†0% purchase financing for up to 60 months available on 2010 Sentra and up to 36 months on 2010 Rogue and Altima Sedan (excluding Hybrid). Representative finance example based on Selling Price of $16,657 for 2010 Sentra 2.0 (C4LG50 AA00), including freight and PDE ($1,325), $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax at 0% APR for 60 months equals $194.28 per month with $5,000 down payment or equivalent trade-in. Cost of borrowing is $0 for a total obligation of $16,657. License, insurance, registration and other applicable taxes (including GST, PST and $75 tax for fuel conservation) are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 19th and March 1st, 2010. ‡Lease offer available on new 2010 Rogue FWD S (WBRG10 AA00)/2010 Altima Sedan 2.5 S (T4RG10 AE00)/2010 Sentra (C4LG50 AA00). 1.99%/2.99%/2.9% lease rate for a 39/39/60 month term. Monthly payment is $249/$289/$189 with $2,788/$4,798/$1,738 down payment or equivalent trade-in and include ($1,500)/($1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 19th and March 1st, 2010. ††Selling Price is $24,832/$26,132/$16,657 for a new 2010 Rogue FWD S (WBRG10 AA00), CVT transmission/2010 Altima Sedan 2.5 S (T4RG10 AE00), CVT transmission/2010 Sentra (C4LG50 AA00), manual transmission and includes ($1,500)/($1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. *Model shown $30,932 Selling Price for a new 2010 Rogue SL AWD (R4SG10 AA00), CVT transmission $33,432 Selling Price for a new 2010 Altima Sedan 3.5 SR (T4SG10 AA00), CVT transmission $24,157 Selling Price for a new 2010 Sentra 2.0 SL (C4TG10 AA00), CVT transmission and includes ($1,500)/($1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. All prices are subject to change without notice. Retailer may sell for less. **Actual mileage may vary with driving conditions - use for comparison only. ▲The 2010 Rogue is winner of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ¹Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov) U.S. models tested. Please see www.safercar.gov for up to date information. ²The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study℠. Study based on responses from 80,830 U.S. new-vehicle owners, measuring 245 models and reasons opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February/May 2009. Your experiences may vary. Visit jdpower.com. ³The 2010 Sentra is winner of the Canadian ALG Residual Value Award – Entry Compact Car category. ⁴For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2010 Nissan. See retailer for complete Grad program details.

Shows drive popularity

High-profile exposure at recent auto shows has boosted the popularity of several models, according to U.S.-based AutoTrader.com, which based its study on the number of new-car searches on its site. CANADIANDRIVER.COM

Car dream come true in Canada

AutoPilot

Michael Goetz

metronews.ca/autopilot

Canadian Luc Chartrand's supercar, the HTT Plethore LC-750, is finally ready for production.

Two Canadian vehicles made news this month.

The "electric" Olympia ice-resurfacing machine, made in Ontario, was the subject of much discussion, after experiencing technical difficulties at the Vancouver Olympics. It apparently missed the memo about "Owning the Podium."

The other Canadian vehicle that had people talking was the HTT Plethore LC-750. Its appearance at the recent Toronto auto show marked the first time the supercar was shown at a Canadian event in "production ready" trim.

The Plethore is definitely better looking than the Olympia — and faster.

Apparently, the LC-750, which packs a 705-hp supercharged 6.2-litre V8, "can easily reach speeds of more than 340 km/hr." A 1,300 hp version aims to break the speed record by a production car currently established at 412 km/hr.

If all this sounds very unmodest and therefore un-Canadian, it is, and for that we should all sigh, "Hallelujah."

A "dare to dream" thing like this doesn't happen much anywhere, and particularly in Canada, without single-minded passion. The man with the passion and drive and imagination is Luc Chartrand, who started the Plethore project over 10 years ago.

"Luc is the founder of the company (HTT Technologies), and the designer and engineer behind the project," says company president, Sebastien Forest. "He basically started from scratch." He considers Luc "an artist," an artist that just happens to work with the automotive form.

Luc's vision started with a central driving position, like any racecar. Two passengers can come along for the ride, in seats that flank each side of the driver's seat.

Both its chassis and bodywork are rendered in carbon fibre. Needless to say, this makes the car both incredibly rigid and incredibly light.

The sticker price on LC-750 is $395,000. Only eight will be produced this year, starting in October. Six are already sold. If all goes according to plan, 25 will be built the following year. (Never more than 50 per year after that.)

An (undisclosed) U.S. firm has developed the engine, from the same engine block found in the Z1 Corvette. The brakes and wheels are sourced from the U.K. Other than that, the Plethora is virtually "all Canadian."

HTT focuses on development and final assembly. The area around HTT's headquarters in St-Eustache, Que., is not only blessed with a high-speed test track, but also world-class fabricators, because they sprang up to help Bombardier build all those airplanes.

When you hear "Buy Canadian" they're usually talking about peaches or potatoes. How cool is it to now add a supercar to the "Made in Canada" list?

"(Luc Chartrand) basically started from scratch."
HTT Technologies president Sebastien Forest on the company's founder

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Provincial Tax Credit -$2,000
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Costco Member -$1,000
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WITH SNOW PLOW PREP
XLT Trim, Power Windows, Locks, Mirrors, Snow Plow Prep Pkg., Heavy-Duty Payload, ABS, 17" Wheels, Air Bags, Very Well Equipped!
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$1000 in no charge Accessories
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Automatic, Heated Seats, Cd Player, Power Group, 60/40 Split Rear Seat, Front And Side Air Bags, Traction Control, Message Center And More
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$299 per mo at 72 mo
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$0 Down $0 Due
2009 Focus SES
$11,999 - $6.85 per day
2010 Focus Air/Auto
$14,899 - $8.42 per day
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$16,999 - $9.55 per day
2010 Escape XLT
$19,999 - $11.17 per day
2010 Edge SE
$27,999 - $15.48 per day
All Payments 84 mo. Term, 5.74% Variable Rate, O.A.C.

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Signature limited, chrome wheels Very clean unit with only 20,000KM
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Chrome Wheels, heated & cooling leather seats ONLY 18,000 KM
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2009 FORD EDGE SEL
Heated seats, power group, alloy wheels 20,000 KM
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1 owner trade,alloys, power group,automatic, only 50,000km
$7,999

2010 FORD FUSION AWD SPORT
Rare Find, AWD, Leather, Moonroof, Sport Model, 3.5L V6 Loaded, With Only 20,000 Kms
$25,999

2008 LINCOLN MKZ
Moonroof,chrome wheels, 1 owner trade
$17,999

2007 HYUNDAI SONATA
Leather,moonroof, only40,000km, 1owner trade
$13,999

2010 FORD FUSION SEL
only 17,000km, Alloys, auto, 6 disc cd, a/c, power seats TOP MODEL
$18,999

*Prices are plus GST and PST only. Receive up to an additional $5,300 discount to Recycle Your Ride if you own a 1995 model or older for more than 6 months. Applies to select models. F.O.C., AXZ plan rules apply. Conquest program applies. If you currently own or lease any Oldsmobile, Pontiac, Saab, Saturn or Hummer vehicle. Receive an additional $1,000.00 if you are a Costco member as of December 18th 2009. All rebates assigned to dealer.

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HONDA

#Limited time lease offers based on new 2010 Honda models. Lease examples based on new 2010 Civic DX Sedan, model FA1E2AEX / 2010 Accord LX Sedan, model CP2E3AE / 2010 CR-V LX 2WD, model RE3H3AEY available through Honda Financial Services on approved credit. £2.9% / 2.9% / 2.9% lease APR for 48 / 48 / 48 months. Monthly payment is $148 / $248 / $268. Down payment or equivalent trade of $3,726 / $5,286 / $5,083 (includes freight and PDI, A/C tax where applicable, and environmental and OMVIC fees), first monthly payment and $0/$0/$0 security deposit due at lease inception. Total lease obligation is $12,237.90 / $19,559.70 / $20,415.11. Taxes, license, insurance and lien registration (if applicable) are extra. 96,000 kilometre allowance; charge of $0.12/km for excess Kilometres. Retailer may lease for less. Retailer order / trade may be necessary. ‡Limited time financing offers based on new 2010 Honda models. Finance example based on new 2010 Civic DX Sedan, model FA1E2AEX available through Honda Financial Services on approved credit. ‡MSRP is $17,420 (TURN-KEY PRICE includes $1,430 freight and PDI, and environmental and OMVIC fees) financed at 0.9% APR equals $297.02 per month for 60 months. Cost of borrowing is $401.43 for a total obligation of $17,821.43. Taxes, license, insurance and registration are extra. Retailer order / trade may be necessary, ¥Prices lowered by $500 on all new 2010 Accord 4-cylinder models; by $1,000 on all new 2010 Accord V6 models; by $1,000 on all new 2010 Civic models except Hybrid; by $1,500 on all new 2010 CR-V models. #/£/†Offers valid from January 27th, 2010 through March 1st, 2010 at participating Honda retailers. Offers valid only for Ontario residents at Ontario Honda Dealers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. *As reported by Canadian manufacturers for calendar year 2009.

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HURRY – LIMITED QUANTITIES LEFT!
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Auto trn, aircon, power locks, windows, mirrors,ABS with EBFD, 6 air bags, AM/FM Radio with CD player.
$18,295
2010 MAZDA 3 GS
Auto, aircon, power locks, windows, Heated side mirrors, Keyless entry, ABS with EBFD, 6 airbags, AM/FM Radio with CD player, Alloy wheels, Bluetooth, rain sensing wipers, moonroof, TCS, Dy.stability control
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2010 MAZDA 6 GT V6
WITH NAVIGATION
Auto, climate control, navigation, leather heated seats, 6CD in Dash BOSE sound system, smart key, moon roof, Rear spoiler, tinted windows, DSC, Traction control, HID lights, fog lights.
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2010 MAZDA 5 GS
auto, aircon, power locks, windows, mirrors, Keyless entry ABS with EBFD, 6 airbags, AM/FM Radio with CD player, 6 seater.
$21,495
2010 MAZDA 6 GT I4
Auto, aircon, Leather heated seats, Moonroof, power locks, windows, Heated side mirrors, Keyless entry, ABS with EBFD, 6 airbags, AM/FM Radio with 6 CD indash, Traction control, DSC, 18 Alloy wheels, Bluetooth, rain sensing wipers
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Touch and enter

Lincoln's keyless system secure and savvy

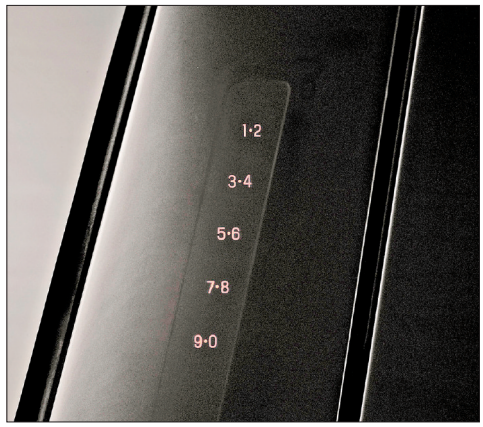
JIL MCINTOSH
for Metro Canada

In 1980, Ford introduced a new convenience feature on its luxury cars: A keypad that, when tapped with a unique code, would unlock the doors.

The company still offers the feature, called the SecuriCode Keyless Entry Keypad, but it's gone high-tech on Lincoln MKS and MKT. The numbers are no longer on door-mounted buttons, but hidden on the glossy B-pillar, lighting up when the pillar is touched.

"It's a capacitive sensor," says Lisa Boran, Remote Keyless Entry technical expert at Ford. "It detects that you're coming close to the switch. You have to touch it, because you want to make sure that you're touching a specific number button, but it starts detecting when you're getting close to it."

The keypad uses the same technology as an iPhone — one company supplies the processors for both. The touch-sensitive electronics are mounted behind an acrylic cover; the graphic panel is the same black shade as the B-pillar, making it nearly invisible when the numbers are unlit. Since it takes a lot of abuse, the Lincoln panel was tested extensively, including extreme weather and temperature, moisture, vibration, salt spray, and various products ranging from window cleaner and car wax, to hand cream and suntan lotion.



Ford offers its SecuriCode Keyless Entry Keypad technology on the latest models of Lincoln MKS and MKT.

"We wanted a smooth, sleek-looking keypad for the vehicle," Boran says.

Many luxury vehicles offer proximity keys, which allow the driver to unlock the car by walking toward it, or touching a door handle, providing he has the key fob with him. The SecuriCode will work this way, unlocking the vehicle when the driver taps the B-pillar. But it can also be opened by anyone who knows the code, without the key being nearby, once they tap in the specific five-digit code by pressing each appropriate lit number on the keypad.

Driving Force

Given that keyless entry is almost universal, a redundant keypad system may seem outdated, but Ford's customers are extremely loyal to it.

"Believe it or not, people love this technology," Boran says.

"We tried to remove it a couple of times, and there was a huge falling out from customers. It's highly desirable, even though there are other ways of getting into the vehicle."

Lesson in treating them right

HEATHER BUCHAN
for Metro Canada

The car business remains a male-dominated industry. Yet, today, more than 50 per cent of automotive-related purchases — tires, repairs and vehicle maintenance — are made by women.

For many women though, walking into a car dealership or an auto body shop is an intimidating experience, according to Jody DeVere, founder and CEO of AskPatty.com — a U.S.-based website providing automotive advice to women. And that's why DeVere recently launched a certified female-friendly program for automotive businesses in Canada.

Essentially, the program trains dealerships, collision centres, quick-lube locations, service and repair centres, and tire dealers in how to create a more comfortable environment for women — and that primarily comes down to communication. Women and men simply communicate differently.

AskPatty.com has launched a program to help automotive businesses create a more female-friendly environment.

"One of the complaints we have from women is that they don't feel respected," says Patricia Muir, who is heading up the Canadian side of the program.

Muir refers to her own experience buying a car where the male salesperson spoke only to Muir's husband.

Training is done completely online and consists of 19 modules covering topics ranging from communication, to diversity-sensitivity, to time-management, to community involvement.

Currently, there are over 100 certified auto businesses in the U.S. Muir says three major Canadian tire dealers are interested in signing up for the training. "It's basically developing their communication skills and people skills to include what women are sensitive to and how women want to be treated," explains Muir.

Once a business is certified as being female-friendly, it is included in AskPatty.com's network of businesses, so women can search for a certified business close to go to on the website.

AskPatty.com was launched in the U.S. in 2006 and provides advice to women from a panel of female auto experts.

Advice from CAA
If stranded on the side of the road, the Canadian Automobile Association recommends drivers make themselves as visible as possible to passing motorists, especially at night. Keep the following items handy in your vehicle: a reflective vest, a flashlight, flares and a cellphone to call for help. METRO NEWS SERVICES

Tiburon fun coupe

A 2006 Hyundai Tiburon

Second Gear

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2002 to 2008 Hyundai Tiburon
VEHICLE TYPE: Sports Coupe
APPROXIMATE USED PRICE RANGE: $5,000 to $17,000

HISTORY/DESCRIPTION: The Hyundai Tiburon is the successor to Hyundai's Scoupe, and the predecessor of the now-available Genesis Coupe. Among other things, it was one of the sole survivors in an affordable sport-coupe market that's now all but died out.

Tiburon offered up a two-litre, four cylinder engine with 138 horsepower and a standard five-speed manual gearbox. A four-speed manual-mode automatic was available. The four-cylinder, five-speed combination should provide adequate snap for most drivers while maintaining decent fuel economy.

Optionally available in higher-end models was a 2.7 litre V6 with horsepower rated in the neighborhood of 175. Look for it with a five-speed or available six-speed manual transmission, or with a manual-mode automatic.

Note that the Tiburon Tuscani is the fully loaded package, and was kitted with various interior and performance upgrades. If you can't find a Tuscani (they're rare), look for a Tiburon GT for the next best thing.

WHAT OWNERS LIKE: Tiburon owners tend to most highly rate the styling, quality and design of their machines. Owners of four-cylinder models tend to experience good gas mileage, while owners of V6-powered Tiburon's love the performance and sound of their rides. Also, many owners report that they belong to a strong online community of other Tiburon drivers that share ideas and advice.

WHAT OWNERS HATE: Complaints typically address limited rear-seat space, limited storage space for at-hand items in front, and excessive road noise on certain models. Some find the Tiburon also has a cumbersome turning radius, and others complain of squeaks and rattles as the car ages.

COMMON ISSUES: One prevalent issue dealt with the Tiburon's clutch. Automatic models don't have one, but if the "Tibby" you're after has a manual gearbox, you'll want to ask the seller if the clutch is original.

Be certain to test the clutch for slippage, which could indicate that it's in need of replacement.

Sometimes, creating a low-rpm, high-load, full-throttle condition will coax slippage from a worn clutch. In plain English, get the car up to about 70 km/h in 4th gear, and floor it. Call any slippage you detect into pricing negotiations.

If in doubt, ask a mechanic for assistance to be sure the seller isn't trying to soak you with an expensive clutch job.

Note any unexplained check engine lights, and ensure the engine runs smoothly during both moderate and full-throttle acceleration, and while idling. Engine roughness or a check engine light could indicate a failed engine sensor that will need replacement.

Finally, note that heavily modified vehicles with extensive engine work should be avoided unless you're very familiar with engine tuning.

Suspension upgrades should be checked out by a mechanic for safety's sake, too.

THE VERDICT: Stick close to stock, get a thumbs up from a mechanic, and get ready to enjoy a one-of-a-kind coupe.

Rates Rise Again

Ontario Regulators Approve More Increases To Car Insurance Rates

Are Rates REALLY Going Up Again?

Unfortunately, the answer is yes. The most recent round of rate increases approved by Ontario regulators has confirmed everyone's worst fears. Car insurance rates are continuing on their one-way trip upwards despite news late last year that the government will soon be introducing reforms to give consumers more choice and flexibility. The most recent increases for the fourth quarter of 2009 bring the average increase across Ontario insurers over the last 12 months to 8.8%. Depending on the insurance company you are with and your situation, you might be on the road to seeing double-digit increases.

Is There Any Hope Of Paying LESS For Car Insurance?

Absolutely. Rates may be on the rise, but the size of the increases can vary significantly from one company to the next and from driver to driver, so don't be fooled by the headlines which suggest we're all doomed to pay more for car insurance. The truth is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now. This is where InsuranceHotline.com can help by instantly providing quotes from over 30 insurance companies to find you the lowest rate available – and the service is absolutely FREE to use.

Don't Be Fooled By Others Offering To "Compare Quotes".

Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. So don't wait another minute. Go online to InsuranceHotline.com and start saving your money now.

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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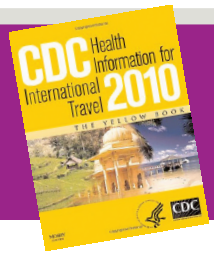
France strike delays flights

Disgruntled would-be passengers complained about hundreds of cancelled flights and long airport waits as air traffic controllers began a four-day strike across France on Tuesday. Workers fear recent plans to integrate travel control will lead to job losses. METRO NEWS SERVICES

Travel



International travellers health guide

The Yellow Book is published every two years by CDC as a reference for those who advise international travelers about health risks. The Yellow Book is written primarily for health professionals, but most travellers will find it very useful. The book now cites potential ailments found at specific destinations. And has sections that address the risks of going overseas for medical care. It also addresses health concerns when traveling with infants what to consider with international adoptions. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Do as they do ... but on a budget

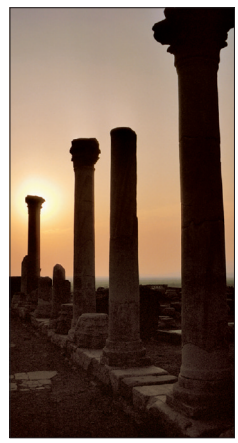
Metro finds the best places to eat, drink and be merry in Rome at a price anyone can afford

ROMINA MCGUINNESS
Metro World News

You don't need a fistful of dollars to live la dolce vita in Rome. Metro has compiled a list of places to eat, drink and be merry in Rome for any budget.

METRO WORLD NEWS

Classic Italian architecture is reason enough to make the trip to Rome.



Numerous sites across Rome offer a glimpse into the past.

DAILY BUDGET $50

EAT

Gran Caffe La Caffettiera

A rustic cafeteria a stone's throw away from the Pantheon is a true Neapolitan bar experience as well as being a favorite with the political and media crowd. lacaffettieraonline.com

STAY

Buonanotte Garibaldsi

A bed & breakfast with the look and feel of a trendy art studio owned by artist, Luisa Longo. His work is on display everywhere throughout the location. buonanottegaribaldi.com

GO

St. Peter's Basilica

A real architectural and artistic wonder of the world. Later walk the Janiculum Hill to get a breathtaking look out over Italy.

The view shows you everything from the cupolas, domes and café terraces.

DAILY BUDGET $100

EAT

La Gatta Mangiona

Owner Ginacarlo Casa, a "pizza engineer," serves up gourmet pizzas. Toppings include smoked mackerel, flowers and raw buffalo mozzarella.

lagattamangiona.it

STAY

Momi

This boutique guesthouse has only three rooms but charm and service make it a joy.

Choose your decor from styles such as Zanzibar, Bali or Mexico. Book and reserve space at their website. bedandbreakfastromemomi.it

GO

Tour on a tram

A fantastic way to take in the city.

Take line three which crosses the Tiber, loops towards the east (Colosseum and Porta Maggiore) before making its final point of call in the northern suburbs. Brilliant.

Need to know

- English is not widely spoken so you will be well advised to travel with someone who knows the language or do a little practice before you go.
- Don't wait to get to Italy before exchanging your money. Exchange rate fees in Italy are traditionally higher than in Canada.

Take in the view of Rome from Janiculum Hill.

DAILY BUDGET $500

EAT

Primo

The menu itself is a work of art, featuring dishes such as black cabbage soup, seafood gnocchi followed by catalan cream or a succulent mille-feuille with chantilly for dessert. primoalpigneto.it

STAY

Portait Suites

It's discreet yet fabulous location near the main designer shops on Via Condotti mean this is one of the most sought after hotels in Rome. Dine under the stars on the terrace.

lungarnohotels.com

GO

Shop until you drop

Warm up at Piazza Campo deí Fiori, the city's most famous food market then head for the serious shops at Via Condotti. where you'll find Gucci, Dolce & Gabbana Versace and Prada.

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U.S. drops travel advisory to Syria

The U.S. has lifted an advisory warning American travellers of security concerns in Syria, officials said, as Washington tries to boost ties with a country seen as key to peace in the region. METRO NEWS SERVICES

Escape Las Vegas, enter the Valley of Fire

Brilliant red sandstone landscapes await the burned out, broke and hungover leaving Sin City

You've done your time in Las Vegas. You've given generously to the casinos, gorged on their food and overdosed on their glitz.

You need an escape from the Strip. The Grand Canyon is too far. The Hoover Dam is too crowded. You crave space and air that isn't tainted by cigarette smoke. And you can use a reminder that nature is even stranger and more spectacular than a Cirque du Soleil show.

VALLEY OF FIRE

You'll find it about an hour away at the Valley of Fire, a brilliant red sandstone landscape where millions of years of erosion have whittled rugged rocks and ancient dunes into shapes that trick your eye and bend your mind.

Over there is an elephant. And here's a giant beehive. Keep staring at that one rock, and faces begin to appear — the sandstone's grooves and ripples looking like wrinkles in old, ruddy skin.

SAM STEKAL/THE CANADIAN PRESS

The rock formations have been shaped by winds sweeping across this burnt landscape.

And you haven't even left your car yet.

If you do, you're free to wander through the 3,900 hectares that make up Nevada's oldest state park — just don't get lost.

ENDLESS TRAILS

About a dozen signed trailheads will lead you on hikes varying from around a kilometre to more than 16. But the formations in the distance mark the places you'll really want to go, begging you to make your own way in this Seuss-like place.

Fix your eye on one landmark. When you reach it — having climbed over sloping rocks, along a canyon ledge and past clusters of swollen barrel cactus — you're bound to go to another.

Out of Sin City into the Fire

THE PAYOFF

The payoff will be different every time: a natural arch. A balancing rock. A slab of stone decorated with Indian carvings.

All you really need is enough water to avoid dehydration, a desire to keep walking and confidence that you'll find your way back to the road.

While its proximity to Vegas and scenic drive-through make the Valley of Fire an easy day trip for families, tour groups and even the hung-over, plenty of visitors stay longer.

The two campgrounds are often packed during the spring and fall, but less crowded during the scorching summer months and chilly winter season. it's hard to feel crowded here.

If you do, just pull your car to the side of the road, wander into the strange red distance and let the landscape overwhelm you.

Were it not for the occasional airplane flying overhead and whatever pang of guilt or gain you might feel from the night before, you would forget that Las Vegas was less than 60 kms away.

THE CANADIAN PRESS

The Valley of Fire is less than 60 km from Las Vegas.

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EVA AIR Sharing the World, Flying Together

Peru slashing air fares

Peru's government is cutting air fares and hotel rates hoping to draw tourists to the Incan city of Cuzco even though the country's top tourist destination, the nearby Machu Picchu fortress, remains inaccessible. The offer will include 50 per cent price cuts for air fares and main hotels. METRO NEWS SERVICES

Modern Goa leaves you transfixed

Hilltop parties, secluded beach rentals and world class sunsets make this Indian destination a must

AHARON ROTHSCHILD
Metro World News

METRO WORLD NEWS

Avoid tourist trap hotels and look to rent a beach shack. They're cheap, private and you can't beat the view.

Modern Goa has evolved into a comfortable and crowded vacation destination complete with five star hotels and resorts. In other places Goa's beautiful Portuguese architecture, sleepy fishing villages and undiscovered and deserted beaches, remain unchanged are just as alluring as ever.

When you arrive in Goa at Palolem Airport you are going to need a pre-paid taxi.

TAXI TIPS

Avoid the prepaid counter just before the airport exit, it's run by a private operator and charges about a third more than the government approved prepaid counter located outside, opposite the arrivals hall.

Step up to the counter, name your destination and the clerk inside will write the price and the lucky taxi winner on a small slip, pay the clerk, give the taxi driver your slip and you'll be on your way.

You can score an even cheaper ride with the taxi hustlers waiting outside the airport gate but be prepared to bargain hard, and watch out: these guys deal with tourists for a living.

IN A TRANCE

If you're coming to Goa for the trance parties head up north to Anjuna.

This is where it all got started and where underground parties are still going on — because of a blanket ban throughout Goa on outdoor music past 10 p.m., the only parties worth going to are unadvertised and under the radar.

In Anjuna ask around for the hilltop trance parties, these semi-secret parties embody the free spirit of the Goa dance scene.

Think wild fluorescents and body paint and trance music under the stars.

Head south for your languid lounging beach escape.

AVOID TOURIST TRAPS

You want to avoid over developed Calangute Beach where the tourist industrial complex caters to the masses.

Leave the giant beach resorts behind and go south to quite and idyllic Agonada.

BEACH HOUSES

Rent a secluded beach shack and get some serious sun time on the as yet undiscovered and pristine beaches.

In Agonda, Om Sai Beach Huts rents secluded temporary huts from November through March.

You can rent a beach hut from between $13 to $21 Agonda Beach Huts, Agonda Village (agondagoa.com)

Hilltop trance parties are frequent — ask around to find the latest jam.

Palolem is another southern beach that is fast becoming popular.

Check out, Ordo Sounsar, another place to rent huts that is known for it's relaxed and carefree vibe. Palolem Beach Goa is the best place to rent.

Laws of the land

- Not that you would be so inclined, but nudity at the beach or any public places is punishable by jail time.
- Do not carry or trade for any drugs while your stay at Goa. It is illegal and you can be heavily punished if caught.
- Check for cleanliness and hygiene while eating out in small restaurants.
- Drink mineral water while dining out in restaurants — local water is unreliable at best.
- Always bargain for goods while shopping as they quote high prices.
- Visit the places of worship and maintain silence as instructed.
- In some tourist spots photography is restricted so do not violate the rules.

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Famous private homes for rent

The suites and bungalows at La Loma, Sir James Goldsmith's private home at Cuixmala on Mexico's famed Costa Alegre, are now available to rent individually at several select weeks in the year. Check out cuixmala.com for details. METRO NEWS SERVICES

Warm up with Napa's wines

Off-season travel in California vineyards offers big benefits

Winter is quiet time in wine country. Which makes it a very good time for a visit.

With harvest over and future bottles of wine resting peacefully in barrels and tanks, your chances of chatting with a winemaker when you visit a winery is higher. And, as temperatures drop, so do crowds and prices, making a getaway less stressful on your psyche and wallet.

Cooler weather — temperatures can be in the single digits in January, warming up to 15 or more in February and March — transforms the valley from exuberant summer splendor to a moodier hue.

Winter rains turn hillsides deep green; in the vineyards dormant vines lift spindly arms to misty skies.

It all makes for some good eating weather. Now is the time to feast on the hearty braises and roasts that go best with Napa's robust red wines.

ERIC RISBERG/THE ASSOCIATED PRESS

Napa Valley wine tasting festivals are a highlight of the spring.

RESTAURANTS

Grab a table near the fireplace at Bistro Don Giovanni, just north of Napa on Highway 29, and get ready to tuck into some seasonal fare, maybe fresh wild boar cooked slow and served with a red wine sauce.

"When you have a great cab or Syrah with that, I just think it's perfect," says Chef Donna Scala, who's noticed that people tend to linger at table in winter. "They enjoy eating more and they'll sit for hours."

For some exterior heat, jump into a mud bath in Calistoga, a small and charming town at the top of the valley known for its hot springs. Slipping into a vat of volcanic mud is the hard-core way to go, although you can opt for a soak in a mineral pool followed by various wraps and massages.

FESTIVALS

In late January, the valley gets a shot of colour when the mustard planted as a cover crop for vines erupts in a burst of yellow. From Jan. 30-Mar.27, the humble plant is celebrated in a festival that includes music, art, dining and, of course, wine.

Wine tasting is a year-round pastime. Call ahead to make sure tasting rooms are open — many are by appointment only.

If you're staying in the city of Napa, a shortcut is to buy a $20 Taste Napa Downtown card from the Napa Valley Visitor Information Center. With that you can taste wine for a dime at 14 different tasting rooms in downtown Napa. The card also comes with other discounts.

The off-season allows visitors a chance to speak to wine makers directly

ERIC RISBERG/THE ASSOCIATED PRESS

Bistro Don Giovanni restaurant offers excellent food year-round.

$20 Napa can be anything but cheap. And a wine tasting can mean a long wait but if you buy a Taste Napa Downtown card it will allow you to get premium access and they are good for 10-cent tastings at 14 rooms.

WINE CAVES

For wine-tasting with a difference, try Castello di Amorosa, a 11,240-square-metre replica of a 13th-century Tuscan castle off Highway 29 near Calistoga. The castle is a working winery with caves and tasting room, but also boasts such flourishes as a Great Hall, 22 metres long and almost seven metres high, decorated with huge frescoes. Reservations recommended. Be sure to check out the dungeon and torture chamber.

If the weather outside should turn frightful — winter storms can give the region a drenching — it may be time to head underground. The weather's always good in a wine cave.

WHERE TO STAY

After a long day of tasting, it's time to curl up by the fire — or sink into the hot tub — at your hotel.

Places to stay in Napa Valley tend to range from quite expensive to very expensive, but there are off-season discounts available. The Napa Valley Destination Council lists some specials on their website. (legendarynapavalley.com)

Not everything in wine country comes with a price.

Terry Hall, spokesman for the Napa Valley Vintners likes walking around at this time of year, getting a whiff of wood fires burning and savouring the relaxed atmosphere.

"It's just so romantic," he says. "It feels nice to be here at this time of year."

THE ASSOCIATED PRESS

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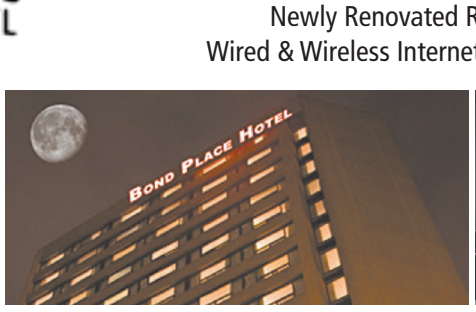

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Mountain of a deal

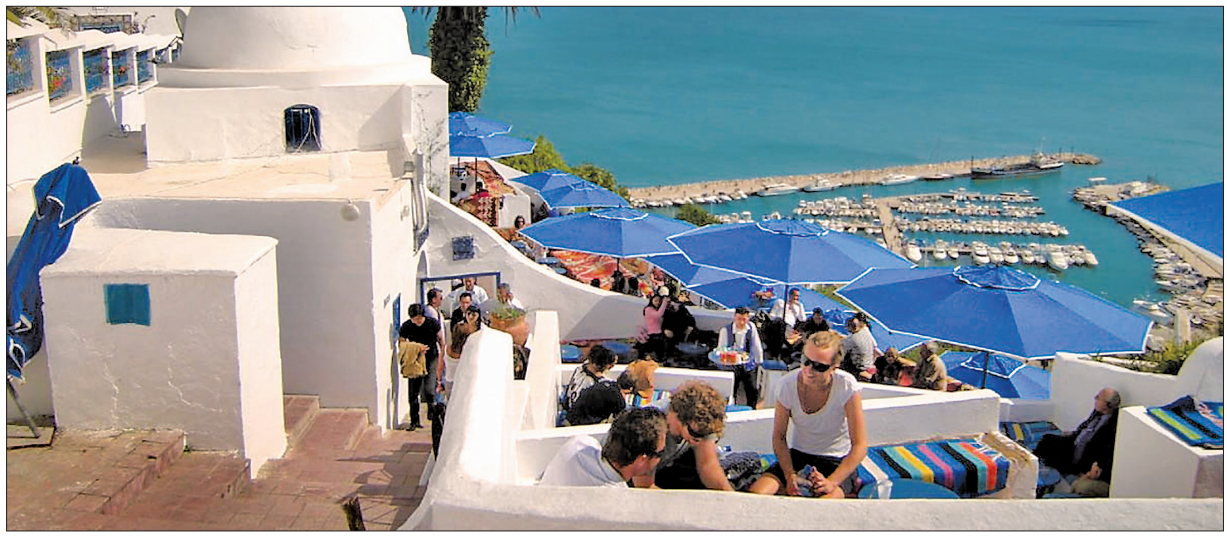
Vail Resorts operator of the five world-class mountain destinations of Vail, Beaver Creek, Breckenridge, Keystone and Heavenly is pleased to announce new deals of up to 33 per cent of staying — especially for International Consumers — are available now on snowusa.com. METRO NEWS SERVICESS

Get special treatment in Tunisia

ROMINA MCGUINNESS
Metro World News

If it is the way that the locals live that make Tunisia special, than it is the way that they treat tourists that makes it spectactular.

Metro finds the places and spaces to get yourself into in this small African country.



METRO WORLD NEWS

The cliffs overlooking the bay are Tunis offer great eating and drinking at decent prices.

WHY GO NOW?

The sunshine. Tunisia is North Africa's smallest country (wedged between Libya and Algeria) and its unique geography allows for desert dunes, luscious vineyards and sandy beaches. The capital city is a mixture of pure tradition and eclectic modernism. And it's only a short hop from mainland Europe.

IT'S MY FIRST TIME... WHAT SHOULD I DO?

The medina (old town) combines history, bejeweled textiles and intoxicating smells and flavors. Home to as the Souk (market), the medina feels like a magical labyrinth.

Within these walls is the 8th century Zitouna Mosque, a crucial part of Arabic heritage and culture (entrance for those of Muslim faith only). Exit via the Bab el Bahr (Sea Gate) and onto the main boulevard, swarmed by little shops and cafes.

I'VE BEEN BEFORE WHAT'S NEW?

Tunis inherited amazing ruins, sculptures, potteries, jewels and mosaics from the Romans and the colossal Carthage Amphitheatre, built in the second century, is a great example.

Something for every traveller

If the going gets too hot head to the coastal town of La Marsa, 15 minutes out of Tunis, for fabulous beaches.

WHERE SHOULD I SHOP?

There are plenty of gems in town if you don't fancy zig-zaging your way through the crowded medina. L'Artisanat, is perfect for sourcing local handicrafts and gifts (onat.nat.tn). Chichas (traditional pipes), jewelry, paintings and rugs are stylishly scattered around the shop. On your way out, stop at the Café de Paris, directly opposite, for a freshly squeezed lemonade and croissant.

EAT HERE FIRST

Dar el Jeld Cooks up a storm in terms of authentic dishes. The lamb couscous is a must. One local dish to try is Meloukhia.

The green colored soup of crushed "corète" (close to the sorrel plant) leaves and beef. Served warmed and scooped up with freshly baked flat bread.

WHAT'S THE NIGHTLIFE LIKE?

Tunis' nightlife isn't exactly what it is in the nearby beach resorts of Hammamet and Sousse where the parties last until dawn.

Tunis is more about lazy evenings spent at garden parties, playing cards over Turkish coffee and smoking chichi. Only recently has dining out become fashionable. There are a handful of discreet but delicious addresses, notably those of restaurant El Firma in the Soukra quarter (elfirma.com). French inspired cuisine in candle-lit tents.

In the former stables of the magnificent Dar Ben Abdallah palace, the Théâtre d'Art Ben Abdallah (6 impasse Ben Abdallah in the medina) has a café that attracts Berber percussionists and avant-garde playwrights who perform on two stages upstairs. Ask around for the playlist and try to get there early for a view of the stage.

LOCAL SECRETS

Dar el medinaIdyllic 19th century guest house situated bang in the centre of the medina is easily the best place to stay in North Africa and it's dirt cheap (darelmedina.com). And if it's local secret spots you're after Hedi Kedadi is a superb guide whose knowledge of the history and archaeology of Tunis is second to none. Book him through Wigmore Holidays (+44 20 7836 4999; www.aspectsoftunisia.co.uk) and make sure that the Bardo Museum is on your itinerary.

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Mudbaths, massages or steams at spas make a perfect end to a trip to Tunisia.

A LITTLE THRILL

Take a train from Tunis to the clifftop village of Sidi Bou Said overlooking the stunning Gulf of Tunis. Its trademark white-washed buildings adorned in violet and fuchsia bougainvillea draw the boho-chic and intellectual.

Villas, shops and cafes are perched on the hill, giving way to some spectacular views over the Mediterranean.

A steep climb will lead you to the Café des Nattes, where you can watch the sun set whilst sipping on mint tea and nibbling on a delicious "macroud"; a semolina biscuit stuffed in crushed dates honey-covered and deep-fried.

METRO WORLD NEWS

Markets filled with trinkets and spices are everywhere in Tunisia. Be sure to bargain with respect.

A LITTLE NIP

Tunisia may be a Muslim country where excessive drinking unwelcome, but it's also home to some of the best vineyards in the North African Region.

The nutrient rich soils of Grombalia grow fabulous grapes which blossom into amazing wines.

TOP IT OFF

Mud baths, massages or a steaming Hammam are all at your disposal at the colonial spa found at Korbous, Cap Bon peninsula

Having scrubbed your skin clean, get a Henna tattoo. The crushed henna plant, a natural dye, is made into a paste used to create some striking body art. Designs draw on superstitions and will help ward off the "Evil Eye!"

New website brings new deals

Sol Meliá, the leading resort hotel company in the world, is celebrating the launch of the new version of its website solmelia.com with a magnificent special offer involving 50,000 rooms from only $39 in city and resort hotels across all of Europe and the Americas. METRO NEWS SERVICES

5 freaky food destinations

You may want to skip these local delicacies

ROMINA MCGUINNESS
Metro World News

It's always been part of the holiday experience to try out what are politely referred to as local delicacies. But with this lot you may wish you'd stuck to the boring old pizza.

Metro compiles the top five freaky food destinations. It's up to you if you want to partake in these local delicacies.

METRO WORLD NEWS

Fried Tarantulas are sold on roadside huts around Cambodia.

5 Fried Tarantulas
Cambodia

The stuff of nightmares and horror flicks. These huge spiders are sold from the roadside around the market town of Skuon then fried with garlic.

The legs are crispy but the abdomen is a horrific gooey mix of eggs, excrement and internal organs. Wrong on so many levels it's hard to know where to start.

4 Surströmming
Sweden

Canned Baltic herring which is basically allowed to mature and ferment — read rot and fester — in the can for two months by which time they have released so much gas they are on most airline's banned categories.

On opening, the can a smell so rank emerges that they are almost always eaten outside. The Swedes, of course, have a museum dedicated to this food.

3 Puffer fish
Japan

Oriental gastronomy's form of Russian roulette. This unremarkable-tasting fish contains the deadly neurotoxin called tetrodotoxin. It attacks the central nervous system and causes numbness, spasms, paralysis, respiratory failure, coma and death — in as little as 20 minutes, no less.

It's "carefully prepared" of course, but you're better off sticking to the Sushi.

METRO WORLD NEWS

Surstromming is considered a Swedish delicacy.

2 Durian
Malaysia

Some say it tastes like god's own vanilla custard.

Unfortunately it stinks like the devil's own feces. This large yellow spiky fruits — ironically known as "the king of fruits" — are so foul they are banned from public places and hotels. One top chef likened eating one to "kissing your dead grandmother." You have been warned.

1 Guinea pig
Peru

In Peru cooking guinea pig is a genuine culinary art, and there are whole books dedicated to it.

None of which alleviates the fact that you are basically eating a rat.

Prepare yourself for a 30-cm rodent arriving on your plate with head and legs intact. Tastes a bit like pork but you're unlikely to find out as you'll be in the washroom spitting and rinsing like it's nobody's business.

Here's Something To Celebrate

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One Rate for two countries

Rogers announced a great new offering for the frequent Canadian traveler – the North American One Rate Data Plan. One Rate allows Canadian smartphone owners to use their devices when south of the border for just $10 a month. METRO NEWS SERVICES

The Olympics close on Feb. 28.

Stick around after Olympics

Emerald Lake Lodge perfect place to unwind after Games excitement

It may be one of the most peaceful places on earth.

Emerald Lake Lodge, located near Field, B.C., in Yoho National Park, is a year-round destination that attracts those looking for peace and quiet and others looking for a perfect romantic getaway. It's about a 20-minute drive from Lake Louise, Alta., and straddles the Alberta-B.C. border.

During the winter a snowy, white blanket covers Emerald Lake making it a mecca for cross-country skiers, snowshoers or for the more adventurous — iceclimbers who seek out the many frozen waterfalls in the area.

During the summer months, the lake is an intense turquoise, surrounded by a forest of Engelmann spruce.

It's mirror-like surface provides an inverse image of Mount Burgess and Mount Wapta. Canoeing, kayaking and the most popular activity of all, hiking, keeps guests occupied.

But the thing you notice most is the absolute quiet. A bus picks you up at a parking lot about a kilometre from the lodge.

Once you cross the bridge, there is literally not a sound.

It is the perfect location to calm down after all the Olympic excitement.

There is no television, phone or Internet service in any of the 85 rooms located in 25 cabins.

Just a woodburning fieldstone fireplace, a bed with a down duvet and a breathtaking view that will calm the mind.

THE CANADIAN PRESS

BILL GRAVELAND/THE CANADIAN PRESS

Emerald Lake Lodge is open year round and a popular tourist destination.

Booking

- You can book stays at crmr.com/emerald-lake-lodge.php
- Lodge rooms start from $130.00 plus tax per night, based on double occupancy

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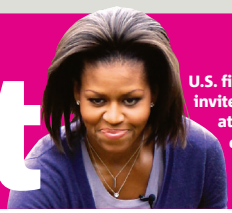
Depp guests on 48 Hours Mystery
Johnny Depp will appear on CBS's 48 Hours Mystery on Saturday to advocate the release of the "West Memphis Three," young men convicted in 1994 of murdering three boys during a satanic ritual. **POPEATER.CA**

Entertainment



Glee club
U.S. first lady Michelle Obama has invited the cast of Glee to perform at the annual White House Easter Egg Roll on April 5 — and, barring any last-minute glitches, they're gonna do it. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The Crazies go 'over the top'

Star says new film is more love story than zombie flick

CHRIS ALEXANDER
for Metro Canada

Though marketed as a zombie film, Breck Eisner's remake of George A. Romero's post-Night of the Living Dead thriller The Crazies is really a kind of love story. Or at least that's what co-star Radha Mitchell thinks.

The lovely, lithe Australian actress is no stranger to horror films, having starred in 2006's cult surrealist shocker Silent Hill. But with The Crazies, it was the human element that persuaded her to sign on .

"I was in Calcutta when I got the script," says Mitchell, whose credits include Woody Allen's Melinda and Melinda and Jonathan Mostow's Surrogates.

"I wasn't sure about doing another horror film but it was the central drama, of this relationship between a husband and the love he has for his wife that appealed to me."

The Crazies charts the 48 hours following the outbreak of a stray biochemical weapon nicknamed "Trixie," a virus that snakes its way into a small town's water supply, turning all of its victims into red faced homicidal lunatics who murder anything with a heartbeat. Sheriff Timothy Olyphant (HBO's Deadwood) is one of the lucky uninfected, corralled by the government for relocation. His wife, Mitchell is not so lucky. His frantic search to find her is the story's main thrust.

"My character is tough," says the actress.

"To find a strong female role in this genre is so rare."

Though the film favours drama over gore, the look of the infected victims, or "the crazies" is suitably disgusting: Their skin is mottled, eyes blown out and pulsing veins protrude everywhere. Romero himself (who is credited as executive producer here) recently tols Metro that making Trixie's victims appear like rotting zombies (they're not) was an odd, potentially misleading choice, but Mitchell disagrees.

The Crazies opens in theatres on Friday

"The whole point of the movie is the juxtaposition between the horror and the humanity," she says.

"Breck wanted the crazies to be completely over the top, to make them terrifying. It's a theatrical device and it makes the heroes dangerous situation seem that much more intense."

Actresss Radha Mitchell says it was the human element of her newest movie The Crazies that persuaded her to sign on.

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Charlie Sheen enters rehabs, takes break from TV sit-com

Charlie Sheen's publicist says the actor has entered rehab and is taking a break from the hit CBS show Two and a Half Men.

Publicist Stan Rosenfield wrote in a statement Tuesday that Sheen has voluntarily entered rehab for an unspecified reason and is seeking privacy.

The move comes roughly two months after Sheen's arrest in Colorado after being accused of holding a knife to his wife's throat and threatening to kill her. Sheen faces a felony domestic violence charge in the case. Sheen's wife, Brooke, is also in rehab for an undisclosed reason. **THE ASSOCIATED PRESS**

New Johnny Cash album released six years after death

Johnny Cash's voice comes in with a rumble, singing that there "ain't no grave that can hold my body down." A shuffling beat that sounds like heavy chains being carried back and forth accompanies him.

It sounds both reassuring and, let's be honest, a little creepy.

He's been dead for six years now. Even a voice that iconic can't speak from the Great Beyond, can it?

No, it's what he left behind — the sixth and last of the American Recordings series he made with producer Rick Rubin. The disc, American VI: Ain't No Grave was be released yesterday. Cash's 78th birthday would have been Friday.

Like the series' fifth disc, also released posthumously in 2006, it contains mostly recordings made by Cash in the last few months of his life. His way of working through the grief over his wife June's death, also in 2003, was to work as much as his health permitted.

"When we first went back and listened to the recordings after he had passed, it really just felt like this voice coming back from another place," Rubin said. "It had all this weight and gravity to it. It was scary."

You can hear the good days and bad days in his voice. Sometimes it's weak, as if Cash was struggling for his breath. Other times it's stronger, more familiar to fans who have listened to him for decades.

When he had finished the fourth disc of the series that gave him a professional rebirth, Cash thought the run was over. He was a little melancholic — until Rubin told him they should start the next one tomorrow.

"His eyes lit up," he said. "He really got excited. He didn't know if he could do it, he didn't know if anybody cared that he could do it. He felt like he'd given what he had to give. The possibility that there was more for him to give really excited him and from that moment on, he was really on."

Johnny Cash, who has been dead for six years, worked with producer Rick Rubin on American VI: Ain't No Grave.

The unadorned series of recordings were a late-in-life artistic revival for Cash, as he worked on songs expected and unexpected — like the memorable cover of the Nine Inch Nails' song Hurt.

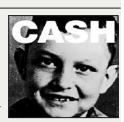
"When we first went back and listened to the recordings after he had passed, it really just felt like this voice coming back from another place. It had all this weight and gravity to it. It was scary." Rick Rubin

Along with the title cut, Ain't No Grave, the songs Cash sings includes ones by Kris Kristofferson, Sheryl Crow, Tom Paxton and an original he wrote in his last three years.

The final sessions produced enough material for two discs, and it was left to Rubin to decide how they would be configured. The 2006 disc was largely a rumination on mortality, but he feels the new one is more about how a person's energy can live on after death. The cover is a picture of Cash as a child.

"It does bring him back to life," he said. "He can live on by us being able to hear this, even though he can't show up and sing it for us. He left it for us to be able to feel him as if he were here." **THE ASSOCIATED PRESS**

Last of the Cash



• Johnny Cash's American VI: Ain't No Grave is the final intalment in the critically acclaimed American Recordings series. Read our review in tomorrow's Metro.

Cameron prays for former co-star

Kirk Cameron is offering help to his former Growing Pains cast mate Andrew Koenig, who went missing in Vancouver over a week ago. "I am praying for his family during this time of distress and for his safe return," Cameron said. **POPEATER.CA**

Tiger apology re-mixes

Athlete's words are reconfigured online in music and video spoofs

Tiger Woods may not know it, but he's singing a new tune.

His 13.5-minute apology has been chopped up and reconfigured online, spreading in music and video through social networks and on the radio.

One offering is called Ke$ha vs. Tiger I'm So Sorry (Blah, Blah, Blah). Another features Robin Thicke's song Sex Therapy with Woods talking over still shots, including one of the media watching him spill it live on TV after a three-month silence.

Type Tiger Woods remix into a Twitter search and a steady stream of postings pop up with people talking about the mashups.

"Whatcha say Elin? The official Tiger Woods Apology Remix. HAHA! Nice parody," jokes a tweeter. Another writes: "Tiger Woods' APOLOGY speech, his mea culpa Friday turned into a bit of a fun."

Tiger teasing

- The same thing happened earlier in the Woods scandal, when amateur humorists created the Tiger Woods Voicemail Slow Jam Remix "Name Off Your Phone."

Pop culture watchers call it the new watercooler.

"It just shows the power of the audience. We are definitely immersed in the age of the people versus the celebrity," said Amy Andrieux, executive editor of The Source magazine. "I definitely think that it's made from a comedic standpoint. ... It's mashup culture at its finest."

Robert Thompson, professor of pop culture at Syracuse University, said such "joke cycles" often occur immediately. "Within 72 hours this thing becomes an old joke. This is sort of the first front of comedic attack on these things."

It has happened before with presidents, politicians and other high profile personalities. On YouTube, there's footage of William Shatner on The Tonight Show with Conan O'Brien reciting some of Sarah Palin's less serious observations.

Remixes of Tiger Woods' recent apology have gone viral on sites like YouTube.

THE ASSOCIATED PRESS

When Michael Jackson died, people were making videos integrating interviews and songs.

This time around, in the Ke$ha vs. Tiger contribution, a photo of Woods looking down, eyes closed, during his appearance is matched with dance music and the fallen golf great saying, "I was unfaithful. I had affairs. I cheated. What I did is not acceptable and I am the only person to blame."

THE ASSOCIATED PRESS

Remixes of Tiger Woods' recent apology have gone viral on sites like YouTube.

Husky, Dean inducted into Country Music Hall of Fame

Ferlin Husky usually gets a lot of calls in the spring from friends telling him this has to be the year he'll be inducted into the Country Music Hall of Fame.

"Every year I've heard that — for the last 15 or 20 years," Husky said with a laugh.

This time it's true.

The Country Music Association on Tuesday announced that Husky and three other genre-expanding country music stars will be new inductees to the Hall of Fame.

Husky joins fellow crossover pioneer Jimmy Dean, producer Billy Sherrill and top-selling singer Don Williams. The men will be inducted into the Hall in Nashville, Tenn., later this year.

Husky

It's been a long wait for Husky, who is 84. One of the best-selling popular artists regardless of genre in the 1950s and '60s, Husky figured he just wasn't country enough for the Country Music Hall of Fame.

"The main thing I'm proud of this is for my family and for the many people who want to see me go in there before I die," Husky said. "It's a great honour."

Husky and Dean — both selected as Veterans Era Artists in a tie under a new selection process this year — took country music to wider audiences by using the relatively new medium of television to earn new fans.

Dean, best known for the spoken narrative hit Big Bad John, hosted The Morning Show, an early morning variety show on CBS, was the first guest host for The Tonight Show and had his own variety show on CBS that featured country artists as guests.

He became a headliner at venues like Carnegie Hall and the Hollywood Bowl and became the first country star to play on the Las Vegas strip.

He also was an actor with parts in television and the movies, including the role of James Bond's ally Willard Whyte in the 1971 film Diamonds Are Forever.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

Struggling music company EMI Group has shelved plans to sell Abbey Road, the London recording studio made famous by The Beatles. Pictured: The renowned crosswalk in front of the building.

Abbey Studios officially declared historic building

PRESERVATION The Beatles' Abbey Road Studios were officially declared a historic building Tuesday, a move that will help preserve the cultural landmark that is a magnet for fans worldwide.

The crosswalk outside the iconic north London studios draws tourists with cameras daily, and the facilities have also hosted Pink Floyd, Jeff Beck and Radiohead and are still popular with orchestras.

But their cash-strapped owner EMI Group Ltd. says the studios have been losing money for years and has only recently shelved plans to sell them. While EMI now says it's looking for money to help revitalize the studios, news that it was seeking to offload Abbey Road sparked dismay among music fans.

Former Beatle Paul McCartney said he hoped it could be preserved, while English Heritage — the body that oversees buildings of historic interest — appealed to the government to name it a historic building.

English Heritage spokeswoman Helen Bowman said government's move "has probably been sped up" by recent speculation over the studios' future.

In a statement, English Heritage chief executive Simon Thurley said the Georgian building housing the studios "acts as a modern day monument to the history of recorded sound and music." THE ASSOCIATED PRESS

Entertainment in brief

TV Jay Leno will be reclaiming The Tonight Show with help from Sarah Palin, Lindsey Vonn and Jamie Foxx. They will be among Leno's guests next week when he returns as host of NBC's late-night show. Palin is scheduled for Tuesday.

Palin

PEOPLE A federal appeals court will re-examine today whether the government can reinstate its fine against TV network CBS over Janet Jackson's "wardrobe malfunction" during the 2004 Super Bowl halftime show. The 3rd U.S. Circuit Court of Appeals in Philadelphia in 2008 had ruled that government broadcast regulators acted arbitrarily and capriciously. THE ASSOCIATED PRESS

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Swaying for Haiti
Sway Magazine is hosting a benefit concert for Haiti at the WIDEawake Liberty Studios, 171 East Liberty St. tomorrow starting at 6 p.m. It will feature Kim Davis, Jay Martin, Dan Hill, Sean Jones and others. Funds will establish a scholarship fund for Haitian refugees. METRO NEWS SERVICES

Three hundred artists can't be wrong

JOHN KEILLOR
for Metro Canada

It's an international affair at The Toronto Art Expo. Starting tomorrow more than 300 artists from 12 countries will put their top pieces on display at the Metro Toronto Convention Centre.

More than 14,000 customers will pass through the annual showcase. And, while local private galleries may lose some business this weekend, they're welcome to join this yearly event, organizers said.

"The Queen Street scene may be a bit jealous because we suck several million dollars out of that market," explains director Peter Mcguire.

"But they can buy booths here, no problem. Lots of private dealers do. One American gallery bought 14 booths this year."

This is Toronto's largest indoor art event. All the art shown is pre-screened to ensure it's at a professional standard.

High quality prints by masters like Dali and Moore are also available. Not the usual ink jet knock-offs: only actual limited editions, which the artists themselves had a hand in making.

The Toronto Art Expo runs tomorrow through Sunday at the Metro Toronto Convention Centre

Mcguire's business model is also at a higher level.

"We charge each participant a flat fee and no commission," says Macguire.

"So the artists and the dealers get to keep all the money they make."

Now in its eighth year, the expo started by showcasing just 75 artists. It's since become the largest event of its kind in Canada, and it's not just art on walls, either.

Big cultural events are happening. Actual whirling dervishes from Turkey will perform and Korean dancing drummers.

Some of the art for sale is monumental in scale, too.

"We're displaying works on rice paper from China, 12 feet by 40 feet," says Mcguire.

"There's an enormous amount of non-Western art to discover here. We're proudly multicultural, like Toronto is."

According to local painter Andrea Chadwick, who has displayed her own works at the expo for several years running, the event invents opportunities that artists need.

"Most artists can't rely on just gallery contacts anymore," says Chadwick. "We have to self-promote. The expo gets thousands of people looking at my art in a single weekend and that helps me make a living.

"It's also helped me develop as an artist because there is so much feedback happening. I can witness people's reactions. I can talk to them about it. Plus I meet other artists, and dealers, too. There's a great collegial atmosphere there, which I know has made me a stronger artist."

The Toronto Art Expo runs tomorrow through Sunday at 255 Front St. W.

PHOTOS.COM/IDEB

The Toronto Art Expo will welcome thousands of art-lovers and buyers over four days.

"There's an enormous amount of non-Western art to discover here. We're proudly multicultural, like Toronto is."
Peter Mcguire
The Toronto Art Expo director

Artwork by Carlos Torres

Artwork by Andrea Chadwick

Artwork by Tuan

Comic Con comes to our city

EVENT The 2010 Wizard World Comic Con tour is set to debut in Toronto next month.

New York-based Wizard Entertainment says the roving pop-culture convention will come to the city March 26. The Toronto event at the Direct Energy Centre will mark the Canadian debut of the annual show.

Guests on the docket include Ghostbusters star Ernie Hudson and Margot Kidder of Superman fame, THE CANADIAN PRESS

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Bristol to appear on ABC

Teen mom Bristol Palin is headed to the small screen. She will play herself on an episode of ABC Family's The Secret Life of the American Teenager. USMAGAZINE.COM

Adams, Sainte-Marie tapped for GG awards

Bryan Adams and Buffy Sainte-Marie are among the recipients of this year's Governor General's Performing Arts Awards.

The prizes, announced Tuesday in Montreal, are given for lifetime artistic achievement.

Quebec theatre actress and broadcaster Francoise Faucher, artist manager Walter Homburger, Quebec choreographer Edouard Lock and actor/stage director Robin Phillips — who spent six seasons with the Stratford Shakespeare Festival — round out the list of honourees.

"Time will never erase the pathways that these great performing artists have traced, both for us the public and for young generations of creators," said Gov.-Gen. Michaëlle Jean.

"For they are pathways of light that cross through our lives and shed a brighter light on everything they touch. And so we thank them for all of those rays of hope they shine on our world, which would otherwise be a darker and duller place."

Adams, born in Kingston, Ont., and raised in Vancouver, has won dozens of music awards and has racked up a slew of hit songs including Summer of '69, Run to You and Heaven.

Saskatchewan-born Sainte-Marie is known for her music, philanthropy and activism. Her songs have been covered by a long list of high-profile artists and she co-wrote Up Where We Belong, which won the Academy Award for best song in 1982.

Jean will present the awards April 30 at Rideau Hall in Ottawa. Recipients each receive $25,000 and a medallion struck by the Royal Canadian Mint.

The Ramon John Hnatyshyn Award for Voluntarism in the Performing Arts was given to Mohammed and Yulanda Faris, prominent supporters of the Vancouver arts community for four decades.

THE CANADIAN PRESS

Johnny Depp stars in Alice In Wonderland.

U.K. chain puts Alice on ice

FILM British cinema chain Odeon will not show Tim Burton's fantasy adventure Alice in Wonderland in Britain, Ireland and Italy because of a dispute over the timing of the film's DVD release, the company said yesterday.

Odeon objects to Walt Disney Pictures' decision to leave only 12 weeks between the film's theatrical and DVD releases in those countries, rather than the usual 17 weeks.

Odeon said it had invested "considerable sums of money in digital projection equipment to show 3-D films and a shorter window to screen films would undermine its investment."

THE ASSOCIATED PRESS

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	211	331	3	GTV	Entertainment	ET Canada	Bones		Kitchen Nightmares		The Deep End (N)		News Hour
	215	343	4	OMN1	Two/Half Men	XXI Winter Olympics Hockey. (Live)					Law & Order: Criminal Intent		Look I Cook
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den		Republic of Doyle (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		How I Met	How I Met	Modern Family	Modern Family	Cougar Town	Cougar Town	News
	212	313	8	CTV	(6:30) XXI Winter Olympics Hockey, Short Track Speed Skating, Bobsledding, Freestyle Skiing, Medal Ceremonies. (Live)								
	218	345	11	CHCH	*Bailey's Billions* (2005, Comedy) Dean Cain, Laurie Holden.				*What Katy Did* (1999, Comedy-Drama) Alison Pill.				News at 11 (N)
	-	-	14	-	Family Guy	XXI Winter Olympics Hockey. (Live)					Two/Half Men	The Simpsons	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	*Bull Durham* ★★★ (1988, Romance-Comedy)				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	Old Christine	Gary Unmarr	Criminal Minds (HDTV)		CSI: NY "Epilogue"		News 4 at 11
	-	385	17	NBC	Entertainment	Olympic Zone	XXI Winter Olympics Freestyle Skiing, Bobsled, Speed Skating, Skiing. (HDTV) (Live)						
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Modern Family	The Middle	Modern Family	The Middle	Cougar Town	Cougar Town	News
	219	346	20	ACH-B	TMZ (N)	Access H.	American Idol The top 12 male semifinalists perform.				CSI: NY "Epilogue"		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol The top 12 male semifinalists perform.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Wait for God	Faces of America		The National Parks: America's Best Idea (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Life Unexpected (HDTV)		Gossip Girl (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	What's-Store	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Life Unexp.
news	502	390	26	NW	Connect with Mark Kelley (N)				CBC News: The National		Geologic Journey		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Asia Squawk Box (Live)		Cash Flow (Live)				Mad Money
sports	405	417	22	net	(6) XXI Winter Olympics Cross Country Skiing, Bobsled, Curling, Speed Skating. (HDTV) (Live)								
	400	400	30	TSN	(6) XXI Winter Olympics Curling, Short Track Speed Skating, Hockey, Skiing. (HDTV) (Live)								
	411	457	58	OLN	Ghost Hunters Academy		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters Academy		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Dangerous Drives (HDTV) (N)		Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pass Time
family	551	542	25	YTV	Fries That?	Prank Patrol	The Next Star		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Chef Worthy	Grocery Bag	Grocery Bag	The Restaurant	*A Family of Strangers* (1993, Docudrama)		
	570	580	29	MM	Make It or Break It		disBAND (N)	Video on Trial	Secret Life of American Teen		MOD Live at the Base		Concert Series
	615	520	31	A&E	Criminal Minds "Poison"		Dog the Bounty Hunter		Dog the Bounty Hunter		Bounty Hunter	Bounty Hunter	Steven Seagal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Sangue e la Rosa				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		G. Simmons	G. Simmons	Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	616	521	39	SHO	Relic Hunter		*Mistaken* (2008, Suspense) Lana Parrilla, James Thomas.				HawthoRNe (HDTV) (N)		NCIS
	620	523	40	BVO	Death at-Opera	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Star Portraits	White Collar		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		End of Leash	End of Leash	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	Ice Pilots NWT (HDTV)		Nostradamus Effect (HDTV) (N)		Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box (N)	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Agent-Agent	Real Estate	Property Virgin	Unsellables	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	College Basketball Arkansas at LSU. (Live)				Seinfeld	Name Is Earl	Law & Order
	576	582	49	BET	106 & Park: BET's Top 10 Live		*The Matrix* ★★★ (1999, Science Fiction) Keanu Reeves, Laurence Fishburne.						Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Smallville "Kandor"		Supernatural		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		The Real World		The Real World (N)		MTV Live
	618	524	54	TROP	Rescue Ink		Hoarders "Augustine"		Hoarders		Parking Wars	Parking Wars	Spoiled Rotten
	603	561	56	FOOD	Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped "Winging It"		Restaurant
	261	394	60	V	Murder, She Wrote		No Place Like	Open All Hours	Doc Martin (N)		Unscripted	God Bless	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Bucket-Dinos	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Blackout"		Missing "Cop Out"		The Closer "Overkill"		Cold Case "Blackout"		Mediums
	300	601	301	M1	(7:15) *The Thaw* (2009, Horror) Val Kilmer.				*Changeling* ★★★ (2008, Drama) (HDTV) Angelina Jolie, John Malkovich.				
	305	612	306	PIX	(7:15) *Pressure Point* ★★ (2001, Suspense)				*From Dusk Till Dawn* ★★ (1996, Action) Harvey Keitel.				*Ill Fated*
	520	146	-	DISC	Daily Planet (N)		The Colony "A Test of Faith"		Man vs. Wild "Namibia"		Solving History-Olly Steeds		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	America's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Fashion Television-Toronto Fashion Week		

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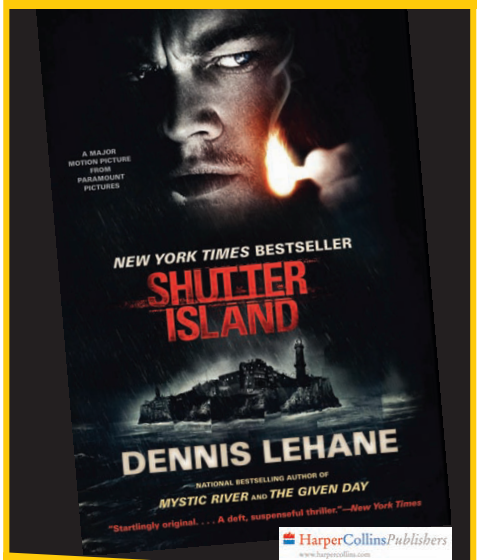

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Outstanding everyone in the room (she's nearly six feet tall)
Naomi Campbell, 39, was given the Outstanding Contribution award at Tuesday's Elle Style Awards in recognition of her 25-year career and the work she does for safe pregnancy charity The White Ribbon Alliance, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

ROBERTO LUONGO. Vancouver goaltender Roberto Luongo is now charged with guarding the home side as Team Canada faces a difficult road to hockey gold. He is playing on familiar ice at GM Place and he makes a point of starting every game at home if he's healthy because he feels he owes it to the home fans. It's his rink, it's his town, and he says he's ready for the challenge. Here are three things you might not know about Roberto Luongo:

ONE Luongo replaces Martin Brodeur in net. Both grew up in St Leonard, Que., a suburb just outside Montreal, where both have arenas named after them.

TWO Luongo's first boss was his dad. He worked in the family shoe store selling shoes as a teenager before devoting most of his free time to hockey practice.

THREE He listens to U2, his favourite band, to get hyped up before games.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

And Janet makes 5

LA TOYA WAS ON A SÉANCE Janet Jackson has reportedly agreed to join brothers Tito, Jermaine, Marlon and Jackie for a Jackson 5 reunion tour later this year that was originally supposed to feature Michael Jackson.

"Janet will be joining us. We're all talking about it now," Jermaine told Australian reporters, according to Hollyscoop.

"She has never played with us before, so that will be very special. She definitely wants to do it. We had a conference call and Janet has agreed to join us on tour."

Jermaine also said the group will likely use some of the sets built for Michael's This Is It shows in London.

METRO WORLD NEWS

Where it's at ... I got two cartons of smokes

AND A SHOT OF B12 Lindsay Lohan knows how to handle jet lag.

The actress hurried back from London to host a party in Atlantic City and reportedly wanted to make sure the time change didn't affect her.

"She said she was suffering from jet lag and requested that a doctor be on call to administer B12 shots if needed," a source tells Page Six.

"Her other demand was two cartons of cigarettes."

Lohan then relaxed in a private cabana with her mother and friends, where she criticized the DJ, saying "a certain ex-girlfriend" could do better — a reference to ex Samantha Ronson.

GETTY IMAGES

METRO WORLD NEWS

Beep ... beep ... beep ... beep

GOES THE ANESTHESIA MACHINE The clock will start ticking again for 24 when Kiefer Sutherland returns to the set Monday after surgery that shut down filming of the Fox network thriller for two weeks.

A statement released Tuesday from Twentieth Century Fox Television says Sutherland has been cleared to return to work. The studio says no disruption is expected in the airing schedule.

Neither the studio nor Sutherland's representative has commented on the nature of Sutherland's ailment. The Los Angeles Times first reported the production halt and says Sutherland suffered from a ruptured cyst near his kidney.

THE ASSOCIATED PRESS

Farrah's final curtain call

HOPEFULLY SOMEONE WILL BE WATCHING IT Redmond O'Neal's battle with drug addiction may be featured in a new documentary about his late mother Farrah Fawcett, femalefirst.co.uk reports.

In the letter Ryan has written outlining his plans for the show he says, "We plan to focus on three main areas of her legacy: her art (namely her films and her sculptures); her inspirational battle with cancer; and the light of her life, our son Redmond, who is now fighting to reclaim himself in honour of his mother."

In his letter — obtained by website RadarOnline.com — Ryan also said the documentary will include Fawcett's voice from "an original, never-aired 2005 interview with never-before-seen footage from our private collection of home movies."

Ryan and Redmond were arrested together on drugs charges in 2008 after the drug Crystal Meth was found at Ryan's home.

METRO NEWS SERVICES

A Canadian pops up in Paris

AND THEN GETS MOBBED. WELL, WE ARE PRETTY AWESOME Teen pop sensation Justin Bieber had to cut an in-store appearance in Paris short after the event descended into chaos, according to PopCrunch.

Bieber was told by police that they could not control the thousands of screaming fans who showed up.

"They reorganized the crowd and we got it going but after a little while the police stopped it and came in and said it was over and I had to leave," the 15-year-old singer posted on his Twitter account.

"Sorry to any of the kids I didn't get to meet."

METRO WORLD NEWS

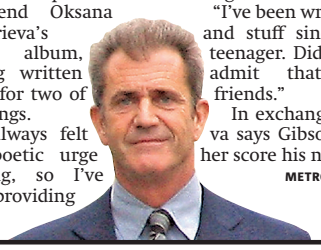
Feel his poetic urge coming

EWW! NO, PUT IT AWAY! Mel Gibson had quite a hand in girlfriend Oksana Grigorieva's new album, having written lyrics for two of the songs.

"I always felt the poetic urge coming, so I've been providing lyrics and stuff for a few of her songs," Gibson tells Extra.

"I've been writing poetry and stuff since I was a teenager. Didn't want to admit that to my friends."

In exchange, Grigorieva says Gibson is letting her score his next film.



METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

ANDY DICK wants to share, **NICOLE "SNOOKI" POLIZZI** is easily starstruck, **BOW WOW** asks the tough questions, and **KIRSTIE ALLEY** likes criticizing herself.

@andydick i'm gonna start streaming live again...if my lawyers let me.

@Snooki Bahaha just got a personal video from mr. belding from saved by the bell

@BowWow How many women wish they woke up rolled over and there i was in your bed?

@kirstiealley I love calling myself an idiot... I know my IQ.... Doesn't have any connection to my abilities... Just my inabilities

METRO NEWS SERVICES

Measuring up

TO HIS 'MEASURING STICK' Katy Perry admits that fiancé Russell Brand's history as a "ladies' man" can be a bit daunting.

"Can you imagine the kind of responsibility I have with his reputation?" she says, according to Showbiz Spy.

"I'm bedridden most of the week."

But the singer insists she's happy to let the British comedian lead.

"He's the boss; he calls the shots. I like that. I've been waiting for someone I couldn't steamroll."

METRO WORLD NEWS

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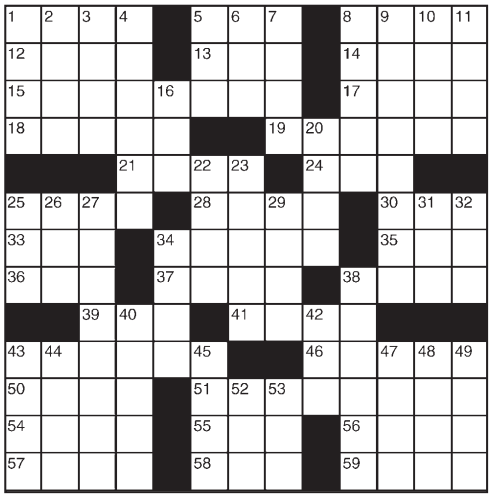


ACROSS

1 Not pizzicato
5 Matterhorn, for one
8 Additionally
12 Fish's breather
13 Greet the villain
14 Burden
15 Nut
17 Division word
18 Omega's opposite
19 Scanty
21 — and crafts
24 Donkey
25 Nuisance
28 Min. fractions
30 Venusian vessel?
33 Ostrich's cousin
34 Utterly defeated
35 Debtor's letters
36 Tire pressure meas.
37 Tennessee emblem
38 Undo a dele
39 AAA job
41 Church recess
43 Frenzied
46 Plankton, in part
50 Mormon State
51 Recklessly
54 Erato is one
55 Piercing tool
56 Sicilian spouter
57 Fishing site
58 Golf ball holder
59 Crucifix

DOWN

1 Turkish title
2 Money of Cambodia
3 Applaud
4 Trite
5 Lawyers' org.
6 Part of UCLA
7 Verse
8 Assumed name
9 Forte
10 Fill till full
11 Smell
16 Jam ingredient?
20 Right on the map?
22 Despot
23 Old photo tint
25 Energy
26 Type measures
27 Grip
29 Point
31 Adversary
32 Chic no more
34 Bird of New Zealand
38 Merchant
40 Different
42 Blue
43 Camel feature
44 Needle case
45 Converse
47 Attend
48 Domini preceder
49 "Zounds!"
52 Ram's ma'am
53 Hearty quaff

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8		3			
	4						7	
9	3	2				4	1	8
		8	3		7	2		
7								5
		4	2		9	8		
6	7	3				1	8	2
	8						5	
			1		6			

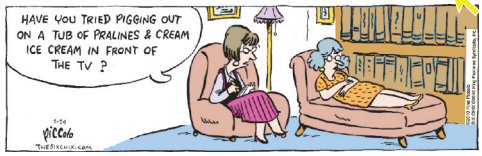
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	A	L	T		S	E	A		S	L	O	E		
O	R	E	O		P	A	L		H	A	N	D		
S	P	A	N	N	E	R	S		R	O	T	E		
			S	A	W		O	R	I	S	O	N		
S	P	R	I	G		O	R	A	N					
O	R	E	L		S	P	A	N	K	I	N	G		
B	O	B		S	W	A	N	K		B	I	O		
S	P	A	N	I	E	L	S		G	I	S	T		
			E	R	A	S		A	U	D	I	O		
S	A	U	C	E	R		O	W	N					
L	U	S	T		S	P	A	N	G	L	E	D		
A	R	E	A		I	R	K		H	A	T	E		
P	A	R	R		N	O	S		O	V	A	L		

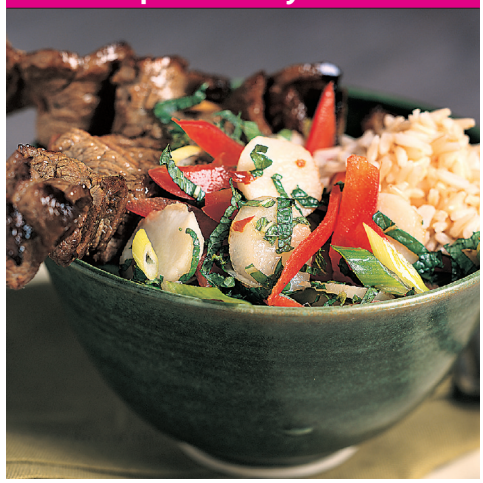
1	3	9	5	6	2	4	8	7
7	6	5	4	3	8	2	1	9
2	8	4	1	7	9	5	3	6
4	5	1	2	8	6	7	9	3
8	9	7	3	1	4	6	5	2
3	2	6	9	5	7	1	4	8
9	1	3	7	2	5	8	6	4
5	7	8	6	4	3	9	2	1
6	4	2	8	9	1	3	7	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Asian BBQ Beef

INGREDIENTS:

1 flank steak, trimmed
1/2 cup orange juice
2 tbsp soy sauce
2 tsp sesame oil
1 tbsp plus 1 tsp light brown sugar
1 tsp ground ginger
1/4 tsp red pepper flakes
1 red pepper, slivered
2 scallions, thinly sliced
2 tbsp chopped fresh mint
1/2 tsp salt
227 mL can sliced water chestnuts, drained
1 cup brown rice

METHOD:

1. Thinly slice flank steak across grain for 8 thin slices.
2. Combine 1/4 cup orange juice, soy sauce, sesame oil, 1 tbsp brown sugar, ginger and 1/8 tsp red pepper flakes in shallow bowl. Add beef slices, tossing to coat. Cover and refrigerate 1 hour.
3. Combine red pepper, scallions, mint and salt with remaining orange juice, 1 tsp brown sugar, and 1/8 tsp red pepper flakes. Add chestnuts, toss, and refrigerate until serving time.
4. Cook brown rice. Fluff with fork.
5 Preheat broiler. Lift meat from marinade and thread onto eight skewers. Place skewers on broiler pan and broil 4 in. (10 cm) from heat, brushing with marinade after 2 minutes. Turn skewers and broil 2 minutes. Serve skewers on rice with water chestnut salad.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
It may be easy to avoid an unpleasant scene, but is it wise? Sooner or later you are going to have to deal with this situation, so why not deal with it now?

TAURUS ♉
APRIL 21-MAY 21
The Sun is moving through the area of the heavens that governs friendships, group activities and what you truly believe.

GEMINI ♊
MAY 22-JUNE 21
Promises made in the heat of the night have a way of falling apart, so make sure you can deliver before you promise a loved one the world.

CANCER ♋
JUNE 22-JULY 22
The Sun in Pisces makes you eager for new experiences but that eagerness could be your undoing.

LEO ♌
JULY 23-AUG 23
You have a knack for being in the right place at the right time and at some point today you will benefit from another individual's loss.

VIRGO ♍
AUG 24-SEPT 22
It does not matter that you have a pile of work to get through, you must make time for loved ones today.

LIBRA ♎
SEPT 23-OCT 23
Little things can seem so important but, of course, in the greater scheme of things they are of no real significance.

SCORPIO ♏
OCT 24-NOV 22
Scorpio is a Water sign, which means that you tend to listen more to your heart than your head.

SAGITTARIUS ♐
NOV 23-DEC 21
Although loved ones may be more emotional than is good for them at the moment, you will only make matters worse if you yell at them.

CAPRICORN ♑
DEC 22-JAN 20
You may have more energy than most people but not even you can keep up this red-hot pace forever.

AQUARIUS ♒
JAN 21-FEB 18
An arrangement of some kind is not working out the way you expected and the $64,000 question is: what are you going to do about it?

PISCES ♓
FEB 19-MARCH 20
With the Sun moving through your birth sign it is only natural that you should be a bit full of yourself at the moment, but don't let it go too far.

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Home can be in the middle of the Yukon.

Home can be pulling off the side of the road, just to see the sunset.

Home can be listening to your favourite song, in a snow storm.

Home can be just outside a coffee shop in Vancouver.

Home can be looking for the North Star out the panoramic sunroof.

Home can be going over the river to grandmother's house.

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